MARYLAND

S·E·A·F·O·O·D

COOKBOOK II

Favorite Recipes from Maryland Chefs

OFFICE OF SEAFOOD MARKETING • MARYLAND DEPARTMENT OF ECONOMIC AND COMMUNITY DEVELOPMENT

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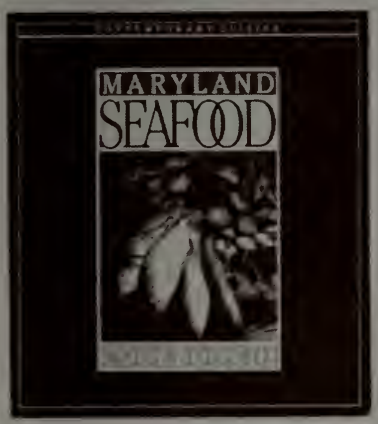

Maryland Seafood Cookbooks

Order additional Seafood Cookbooks and learn the Maryland way to cook and prepare the bounty of the bay. Each cookbook contains different seafood recipes.

Maryland Magazine

Experience the flavor of Maryland everyday with a subscription to MARYLAND Magazine...the State's Official magazine that brings you all the color and excitement of the land of pleasant living. Each issue includes additional food recipes.

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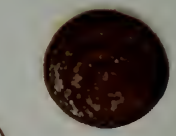
our hope that the publication itself is as colorful and appealing as the dishes that will flow from its guidance.

A final suggestion: browse quickly through the cookbook, then try your hand at something you've always wanted to attempt but never quite worked up to. You'll find no better way of capturing the savory delight of surprise that is so much a part of cooking.

Experiment . . . innovate . . . and enjoy Maryland seafood!



APPETIZERS

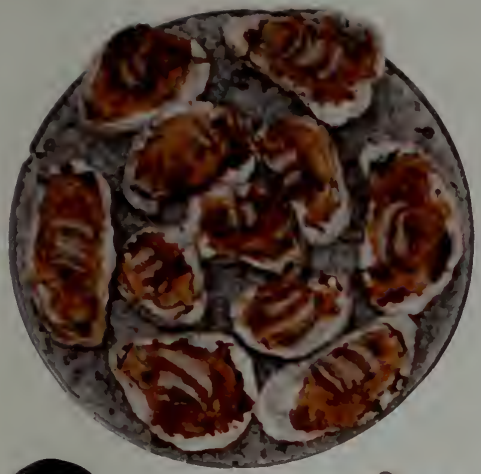
Appetizers stimulate the imagination, whet the taste buds, and pique the appetite. They should satisfy without filling, and complement rather than dominate the occasion, whether it be a casual afternoon pool party or a starched-and-pressed formal dinner. Because appetizers are a preview, they must be chosen, prepared, and served with distinctiveness and flair.

What better ingredient for really inspired appetizers than seafood? Light in texture, delicate in flavor, and perfect for combination in so many tantalizing recipes, seafood should be a staple in every cook's ingredient pantry. Fish and shellfish are quick and easy to prepare and almost tailor-made for many finger food suggestions. Some, such as oysters and clams, come from the water ready to eat in individual portions.

Seafood can be served alone as either hot or cold appetizer fare, or blended in dips, stuffings, fondues, pastry, and other combination dishes. Few other ingredients boast such versatility: when one particular variety is unavailable or outside budgetary limits, other seafood species can usually be substituted with excellent results. This flexibility poses almost unlimited opportunity to alter one basic recipe using different seafoods and achieving a new twist each time. Most seafood appetizers can be prepared well in advance and finished with simplicity and confidence at the last minute.

The appetizer section of this cookbook is a true seafood sampler featuring innovative ideas from Maryland's finest restaurants. Each recipe reflects the unique personality of its contributor and the atmosphere characterizing the restaurant's locality.

Some are entirely novel creations, while others are ingenious variations on old familiar themes. All



are time-tested and heartily approved by discriminating patrons, and then carefully retested in the Seafood Marketing Authority test kitchen to assure success in your kitchen. And every recipe reaffirms the virtues of incomparable Maryland seafood.

Although the difference between appetizer and hors d' oeurve is not clearly and absolutely defined, hors d' oeurve is generally considered to be a category of appetizer appropriate for service away from the table (cocktail parties, social hours, teas, etc.) Some of the recipes in this section are ideally suited to this special need; others are better adapted to table service.

For a different and delicious brunch or supper, try offering an attractive buffet of appetizers with crisp salad, crusty bread, assorted desserts, and hot or cold beverages. Guests will delight in tasting a little of everything without having too much of anything.

Choose from a veritable treasure trove of appetizer ideas—Oysters Salisbury, Baked Stuffed Mushrooms, Clams a la Tonia, Crab Dip Margaret, and countless other delectable tidbits. Any meal introduced by appetizers becomes an occasion-what better prelude to a memorable occasion than seafood appetizers?

Clams Casino

24 Cherrystone clams in shell
6 slices bacon
1 medium onion, minced
½ green pepper, minced
2 tablespoons chopped chives
2 tablespoons grated Parmesan cheese
1 teaspoon paprika
¼ teaspoon ground white pepper
2 to 3 dashes seafood seasoning
Dash MSG

Open shells, letting clam remain in one half.

In medium fry pan, saute' bacon until crisp. Remove bacon, crumble and reserve. Pour off excess fat, add onion and pepper and saute' for another 5 minutes.

In small bowl, mix chives, cheese, paprika, pepper, seafood seasoning and MSG together. Blend into sauteed vegetables. Add reserved bacon.

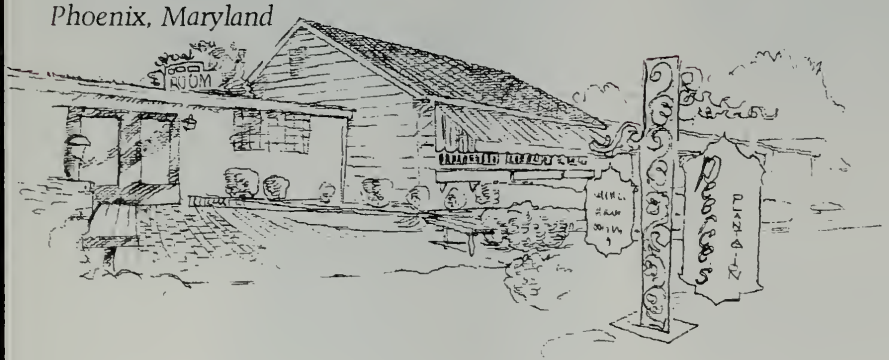
Place 1 teaspoon of bacon mixture on each opened clam. Place clams on shallow baking pan and bake at 400°F. for 10 minutes.

Serve with melted or drawn butter.*

Makes 24.

*See recipe for drawn butter, page 56.

Peerce's Plantation
Phoenix, Maryland



Crab Biscuits

2 (10-ounce) packages refrigerated biscuit dough
1 pound Maryland crabmeat
½ cup mayonnaise
2 teaspoons prepared mustard
10 slices American cheese

Cut biscuit dough into quarters. Bake according to package directions.

Remove cartilage from crabmeat. Add mayonnaise and mustard to crabmeat and mix thoroughly.

Slice each biscuit lengthwise, ¾ of the way through; open gently, and fill with about ½ teaspoon crabmeat mixture. Cut each slice of cheese into eighths. Top each biscuit with a piece of cheese.

Arrange biscuits on cookie sheet and cover with aluminum foil. (This can be done ahead of time and refrigerated.)

When ready to serve, put covered biscuits in 250°-300°F. oven and bake until cheese melts and crabmeat mixture is hot, about 20 minutes.

Serve hot.

Makes 80 hors d'ouevres.

Newtown Catering Services
Pocomoke City, Maryland

Hot Crab Dip

½ pound (8-ounces) Maryland regular crabmeat
1 (8-ounce) package cream cheese, softened
½ cup sour cream
2 tablespoons salad dressing
1 tablespoon lemon juice
1¼ teaspoons Worcestershire sauce
½ teaspoon dry mustard
Pinch garlic salt
About 1 tablespoon milk
¼ cup cheddar cheese, grated
Paprika, for garnish

Remove cartilage from crabmeat.

In large bowl, mix cream cheese, sour cream, salad dressing, lemon juice, Worcestershire sauce, mustard and garlic salt until smooth. Add enough milk to make mixture creamy. Stir in 2 tablespoons of the grated cheese. Fold crabmeat into cream cheese mixture.

Pour into greased 1-quart casserole. Top with remaining cheese. Bake at 325°F., until mixture is bubbly and browned on top, about 30 minutes.

Serve with crackers.

Makes about 4 cups dip.

Nassawango Country Club
Snow Hill, Maryland

Angels on Horseback

1 pint shucked Maryland select oysters
11 to 12 slices bacon
22 to 24 wooden toothpicks

Drain oysters. Cut bacon slices in half and fry until partially cooked. Wrap ½ slice of bacon around each oyster and secure with a toothpick.

Broil, about 4 inches from source of heat, until edges of oysters begin to curl and bacon is cooked.

Makes 22 to 24 angels.

Harrison's Chesapeake House
Tilghman Island, Maryland

Oysters Salisbury

2 dozen Maryland oysters, in shell
2 tablespoons butter or margarine
2 tablespoons flour
2 cups milk
2 tablespoons shredded Swiss cheese
1 teaspoon grated Parmesan cheese
¾ teaspoon Worcestersire sauce
¼ teaspoon nutmeg
⅛ teaspoon pepper
Salt, to taste
½ package (10-ounce) frozen chopped spinach

Open oysters, letting oyster remain in deep half of shell.

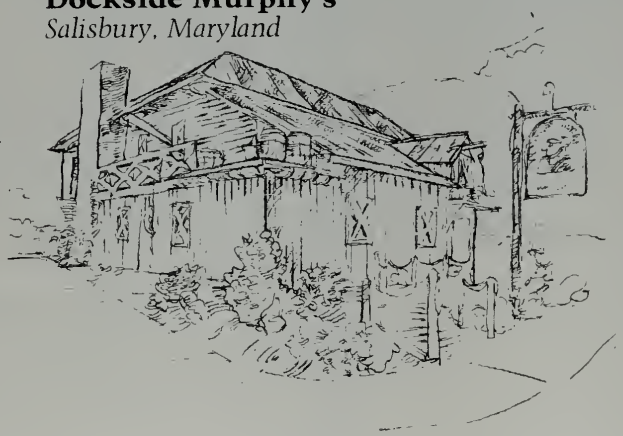
Melt butter in 1-quart saucepan, blend in flour and slowly add the milk. Simmer slowly for 5 minutes, stirring occasionally. Add the Swiss and Parmesan cheese and stir often until cheese melts. Stir in the Worcestershire sauce, nutmeg, pepper and salt.

Cook spinach as directed on package, and squeeze out all excess moisture. Blend the spinach into the cheese sauce and let mixture cool.

Top each oyster with about 1 tablespoon spinach mixture. Sprinkle with grated Parmesan cheese, and bake at 400°F. for 10 to 15 minutes.

Makes 2 dozen.

Dockside Murphy's
Salisbury, Maryland



Baked Oysters ala Smitty

16 Maryland select to extra select oysters, in shell

1 recipe Imperial Crab Mixture (see below)

1 recipe Special Sauce (see below)

Open oysters, separating each one from its shell; one at a time take oysters and cut into 4 pieces and put back into the deeper shell.

Top each oyster with about 3 tablespoons of Imperial Crab Mixture. Place on baking pan and cook for 15 minutes at 350°F.

Top each oyster with about ½ tablespoon Special Sauce and bake at 350°F. until golden brown, about 10 minutes.

Makes 16 baked oysters.

Imperial Crab Mixture

1 pound Maryland regular crabmeat

1 egg yolk

½ cup chopped green pepper

1 tablespoon chopped pimiento

1 tablespoon Worcestershire sauce

1 teaspoon dry mustard

½ teaspoon salt

¼ teaspoon white pepper

½ cup mayonnaise

Remove all cartilage from crabmeat.

Beat egg yolk slightly in medium mixing bowl. Add green pepper and pimiento and mix well. Stir in Worcestershire sauce, mustard, salt and pepper, Add mayonnaise and blend well.

Add crabmeat to mixture and mix gently but thoroughly.

Makes about 3 cups.

Special Sauce

1 egg

1 teaspoon butter or margarine

¼ teaspoon salt

¼ teaspoon pepper

½ cup mayonnaise

¼ teaspoon yellow food coloring

In a mixing bowl, beat egg until thick and creamy. Add butter, salt and pepper. Blend in mayonnaise and yellow food coloring. Whip until smooth.

Makes about 8 heaping tablespoonsful.

Smitty's Steak & Lobster House
Dundalk, Maryland

Oysters ala Gino

24 Maryland oysters, in shell

1 pound Maryland backfin crabmeat

1 cup canned Newburg sauce

¼ cup sherry

3 strips cooked bacon, chopped

¼ teaspoon garlic powder

Dash Worcestershire sauce

3 tablespoons melted butter or margarine

1 cup coarsely ground breadcrumbs

¼ cup paprika

6 strips uncooked bacon, quartered

Open oysters, letting oysters remain in deep half of shell. Place oysters on a shallow baking pan.

Remove cartilage from crabmeat and put in medium bowl.

In a small bowl, mix together Newburg sauce, sherry, chopped bacon, garlic powder and Worcestershire sauce. Pour sauce over crabmeat and mix gently being careful not to break crab lumps. Fill each oyster with approximately 1 tablespoon crab mixture.

Mix melted butter with breadcrumbs and paprika, and sprinkle over oysters. Place a piece of bacon on top of each oyster.

Bake at 350°F. until hot and bubbly and bacon is done, 20 to 25 minutes.

Makes 24.

Robert Morris Inn
Oxford, Maryland

Crab Dip Margaret

1 pound Maryland backfin crabmeat
1 cup sour cream
½ cup mayonnaise
¼ cup finely chopped onion
¼ cup sweet pickle relish
1½ tablespoons dark rum

Remove cartilage from crabmeat. Mix together sour cream, mayonnaise, onion, pickle relish and rum. Add to crabmeat and mix thoroughly, but gently with a fork.

Chill thoroughly. Serve with crackers.

Makes about 4 cups dip.

Bay Ridge Inn
Annapolis, Maryland

Oysters Casino

24 Maryland select oysters, in shell
24 1-inch strips of bacon
1 cup Italian seasoned breadcrumbs
¼ cup (½ stick) butter or margarine, melted
1 teaspoon garlic salt
1 cup grated provolone cheese

Open oysters, letting oysters remain in deep half of shell.

Place oysters on baking pan. Put 1 strip of bacon on each oyster. Bake at 375°F. until bacon starts getting crisp, about 10 minutes.

Mix breadcrumbs, butter and garlic salt. Spread crumb mixture on oysters and sprinkle with cheese. Bake at 375°F. until cheese melts and browns slightly, about 10 minutes.

Makes 2 dozen.

The Wharf Restaurant
Ocean City, Maryland

Baked Stuffed Mushrooms

1 pound Maryland backfin crabmeat
⅓ cup mayonnaise
1 egg
2 tablespoons milk
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
½ teaspoon celery salt
¼ teaspoon pepper
⅛ teaspoon paprika
Pinch ginger
2 tablespoons cracker meal
24 fresh mushrooms (about 2 to 3 inches in diameter)
1 cup mayonnaise
1 egg
⅛ teaspoon seafood seasoning
2 dashes liquid hot pepper
Paprika, for sprinkling

Remove cartilage from crabmeat, being careful not to break crab lumps. Place crabmeat in large bowl and set aside.

In small bowl mix mayonnaise, egg, milk Worcestershire sauce, mustard, celery salt, pepper, paprika and ginger. Pour sauce over crabmeat and mix gently, but thoroughly. Carefully mix in cracker meal.

Wash and remove stems from mushrooms. Place mushrooms in a baking pan stem side up and fill each mushroom with about 2 tablespoons crab mixture. Place in a 375°F. oven for 10 to 12 minutes or until crabmeat mixture begins to brown.

Mix together 1 cup mayonnaise, egg, seafood seasoning and liquid hot pepper sauce. Spread a generous amount of topping over each mushroom. Sprinkle with paprika and bake in 375°F. oven until the topping becomes a light brown color, approximately 5 to 7 minutes.

Makes 24.

Golden Arm Restaurant
Baltimore, Maryland

Blue Crab Fingers, Sauce Moutarde

1 cup mayonnaise

2 tablespoons prepared mustard

1 teaspoon Worcestershire sauce

¼ teaspoon dry mustard

Maryland blue crab fingers

Whip all ingredients together.

Serve with a couple of cans of Maryland blue crab fingers. (Approximately 40 to 50 crab fingers per can.)

Makes enough sauce for 2 or 3 cans of crab fingers.

Sheraton-Fontainebleau Inn
Ocean City, Maryland

Clams a la Tonina

9 medium to large cherrystone clams, reserving clam juice

½ loaf (8 ounces) Italian bread

1 egg, beaten

3 tablespoons mayonnaise

1 tablespoon chopped parsley or parsley flakes

½ teaspoon oregano

½ teaspoon garlic powder

½ teaspoon Worcestershire sauce

½ teaspoon MSG

½ teaspoon salt

Dash liquid hot pepper sauce

1 egg, beaten

¼ cup mayonnaise

Lemon wedges, for garnish

Open clams and reserve juice. Finely chop clams. Clean both halves of shells for filling.

Remove crust from bread; finely chop bread. Place bread in a large bowl.

In medium size bowl, mix together egg, mayonnaise, parsley, oregano, garlic powder, Worcestershire sauce, MSG, salt, liquid hot pepper sauce, and reserved clam juice. Add egg mixture to bread, and mix well. Add chopped clams. Fill each clam shell with approximately one tablespoon or mixture.

Place in 350°F. oven for about 15 minutes to heat thoroughly.

Beat egg with ¼ cup mayonnaise to make toppping. Remove clams from oven and spread each clam with the topping. Place clams under the broiler until topping is browned, about 2 to 3 minutes. Serve immediately with lemon wedges.

Makes 18 clams.

Casa Giannerini
Baltimore, Maryland

Sautéed Oysters

1 pint shucked Maryland salt water oysters, preferably selects

½ cup (1 stick) butter or margarine

½ cup chopped onions

Toothpicks, for serving

Drain oysters. Melt butter in skillet, add onions and sauté until glazed. Add oysters and cook until edges curl, about 5 to 10 minutes.

Serve on toothpicks.

Makes about 2 dozen.

Nassawango Country Club
Snow Hill, Maryland

Clams Papillion

4 (8-ounce) cans chopped clam, with broth

½ tablespoon butter or margarine

1 tablespoon olive oil

1 garlic clove, minced

1 tablespoon minced onion

½ teaspoon oregano

⅛ teaspoon pepper

¾ cup Italian seasoned breadcrumbs

1 tablespoon minced parsley

2 tablespoons grated Romano cheese

Grated Romano cheese, for topping

Paprika, for topping

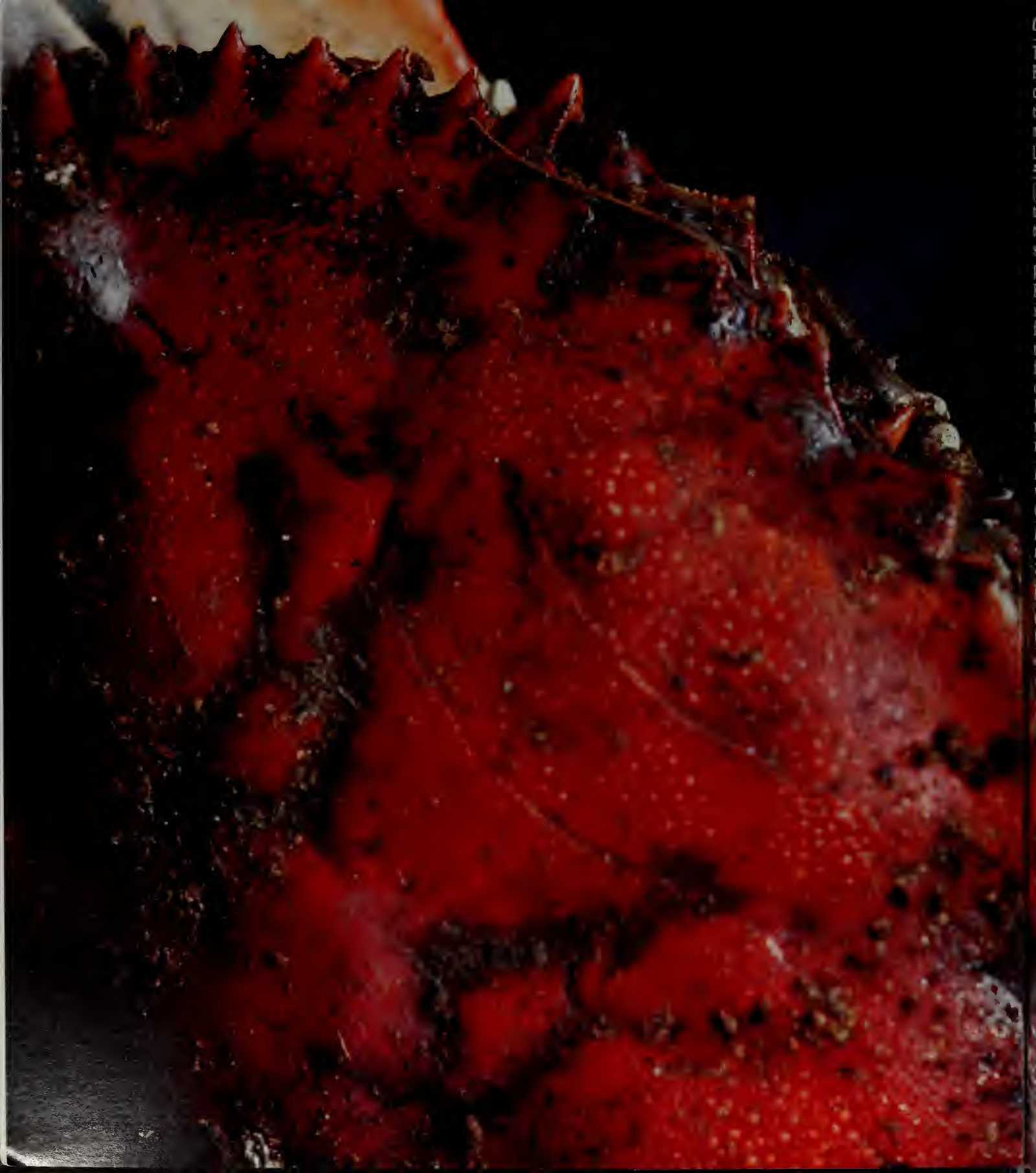
In 2-quart saucepan melt butter and add olive oil. Add garlic, onion, oregano and pepper. Simmer until onion is golden brown. Add clams with broth, breadcrumbs, parsley and cheese. Simmer 5 to 10 minutes. Clam mixture should be the consistency of wet oatmeal; if too thick, add additional clam juice or water.

Spoon about 2 tablespoons clam mixture into 16 well-scrubbed clams or aluminum shells. Top with grated cheese and sprinkle with paprika. Bake at 350°F. until brown, about 15 minutes.

Makes 16.

NOTE: If desired, clams may be frozen. Pack clam mixture into shells, wrap in airtight moisture, vapour-proof packaging and freeze. When ready to serve, remove clams from freezer and put about ¼ teaspoon olive oil on top of each shell. Bake at 350°F. for 15 minutes. Remove from oven, top with cheese and paprika and bake another 10 minutes or until brown.

Papillion LTD Restaurant
Ellicott City, Maryland



Crabs

The crab native to Maryland is the Blue or Blue Channel, named for the blue on the claw. These crabs are sold: live; steamed in the shell; fresh and Pasteurized cooked meat.

Live and steamed crabs average in size from 5" to 6" and are graded and sold as number 1's (prime) and number 2's (medium) according to size. They are sold by the dozen and by the bushel. A 6-ounce steamed crab in the shell will yield approximately 3-ounces of picked meat.

Fresh and Pasteurized cooked meat is sold in 8-ounce, 12-ounce and 1-pound cans in fish markets and in most supermarkets. If the supermarket does not have a fresh seafood counter, the crabmeat is usually kept on ice in a section of the meat counter. All Maryland crabmeat must be kept under refrigeration. The following types of crabmeat are processed in Maryland:

Backfin: meat consists of whole pieces of white meat from the large body muscles that operate the swimming legs of the crab.

Regular: meat consists of small bits of whole meat from the body.

Special: meat consists of a mixture of backfin and regular.

Claw: consists of the brownish-tinted meat from the claws.

Cocktail Crab Claws: (crab fingers) are the large biter claws of the crab with the shell partially removed. They are generally sold in 12-ounce cans, fresh or Pasteurized.

Shelf-life of fresh steamed crabs and cooked fresh crabmeat is 3 to 5 days under constant refrigeration. Shelf-life of Pasteurized crabmeat is 6 months or longer when kept under refrigeration. See special note on Pasteurized Crabmeat below.

One cup cooked crabmeat equals approximately 5.7 ounces; 1 pound crabmeat yields approximately 3 cups.

To freeze crabmeat, see section on Freezing Shellfish page 35 .

Soft shell crabs are molting blue crabs taken just after they have shed their hard shells and before new shells have formed.

Soft crabs are sold live and frozen. Live crabs should be cleaned and used within a few hours or frozen. To freeze soft shell crabs see section on Freezing Shellfish page 35. Cleaned Frozen crabs can be found in the freezer section of your fish market or chain store.

Soft crabs are sold in the following sizes: Jumbo, Prime, Medium and Small.

Pasteurized crabmeat is a special method of subjecting fresh crabmeat to a special heat process that prevents spoilage.

By pasteurization and hermetically sealing in cans, you can have a supply of fresh crabmeat on hand at all times.

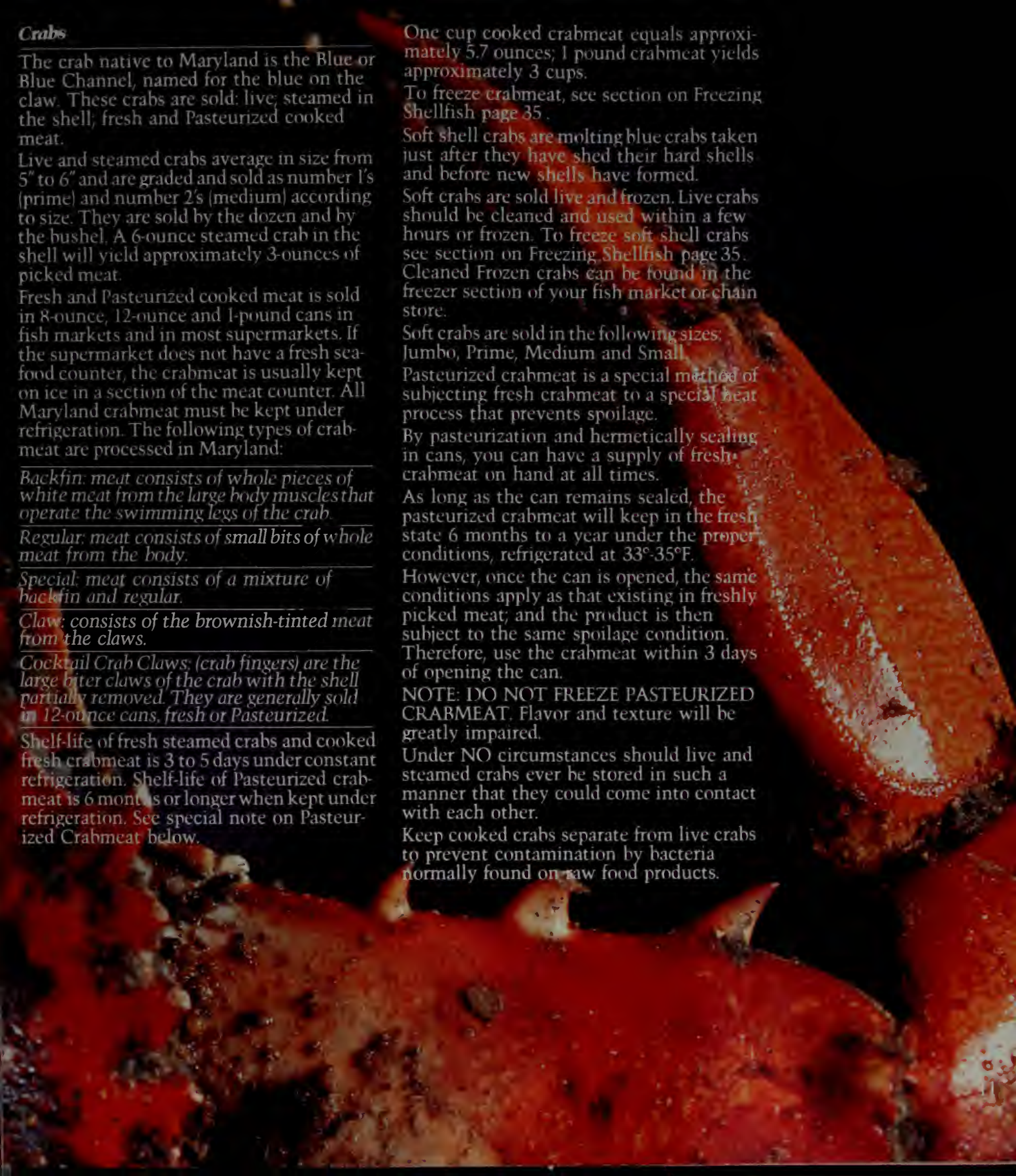
As long as the can remains sealed, the pasteurized crabmeat will keep in the fresh state 6 months to a year under the proper conditions, refrigerated at 33°-35°F.

However, once the can is opened, the same conditions apply as that existing in freshly picked meat; and the product is then subject to the same spoilage condition. Therefore, use the crabmeat within 3 days of opening the can.

NOTE: DO NOT FREEZE PASTEURIZED CRABMEAT. Flavor and texture will be greatly impaired.

Under NO circumstances should live and steamed crabs ever be stored in such a manner that they could come into contact with each other.

Keep cooked crabs separate from live crabs to prevent contamination by bacteria normally found on raw food products.



Steamed Crabs Maryland Style

½ pound seafood seasoning
½ pound salt (mix with seasoning)
2 dozen live Maryland blue crabs
1 pint water or beer
1 pint vinegar

Put water and vinegar in a 10 gallon pot. Place a layer of crabs on an elevated platform in the pot. Sprinkle each layer generously with seasoning mix. Put lid on pot and steam about 25 minutes.

Gordon's of Orleans Street
Baltimore, Maryland

Cream of Crab Soup

1 pound Maryland backfin crabmeat
¼ cup (½ stick) butter or margarine
⅓ cup flour
1 cup chicken broth
¼ teaspoon pepper
5 cups milk
Salt, to taste

Remove cartilage from crabmeat.

Melt butter in 3-quart pan. Blend in flour and stir until smooth. Slowly stir in chicken broth and pepper and simmer for 2 minutes.

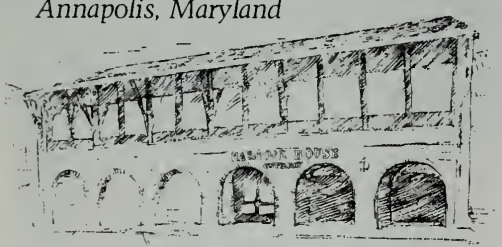
Add milk and cook slowly, stirring constantly until thickened. DO NOT BOIL.

Add crabmeat to milk mixture and salt to taste.

Remove from heat and serve.

Makes about 10 cups.

Harbour House
Annapolis, Maryland



Crab Soup

8 cups water
2 cups diced carrots
2 cups coarsely chopped onion
1½ cups coarsely chopped celery
¼ cup butter or margarine
1 tablespoon seafood seasoning
1 tablespoon Worcestershire sauce
3 cups diced potatoes
1 (1-pound) can whole tomatoes, crushed
1 pound Maryland crabmeat

Put water in a large pot and bring to a boil. Place carrots, onion, celery, butter, seafood seasoning and Worcestershire sauce in water and return to a boil. Reduce heat and simmer about 30 minutes. Add potatoes and cook about 20 to 30 minutes until potatoes are done, stirring occasionally. Add tomatoes and simmer about 10 more minutes to blend flavors.

Remove cartilage from crabmeat and add crabmeat to soup when ready to serve.

Makes 3½ quarts.

Rod 'n' Reel Restaurant
Chesapeake Beach, Maryland

Crab Soup

2 ounces salt pork (approximately 2" cube)
2 quarts water
3 (1-pound) can whole tomatoes, crushed
2 (10-ounce) packages frozen mixed vegetables
2 cups diced potatoes
1 ¾ cups shredded cabbage
3 medium stalks celery, diced
1 medium onion, diced
2 tablespoons seafood seasoning
1 teaspoon salt
¼ teaspoon pepper
1 pound Maryland regular crabmeat

Cut salt pork into small pieces and put into 8-quart pot.

Add water, cover and simmer about one hour. Add remaining ingredients, except crabmeat and cook until vegetables are done, about 20 to 30 minutes.

Remove cartilage from crabmeat and add crabmeat to soup. Heat through.

Makes about 6 quarts soup.

The Shoals Restaurant
Cambridge, Maryland

Hunt Valley Crab and Papaya Sauce Salad

4 papayas
2 lemons
16 large leaves leaf lettuce, for garnish
2 pounds Maryland backfin crabmeat
Seafood Dressing, see below
16 carrot curls, for garnish
16 fresh cut flowers, for garnish if desired
Parsley sprigs, for garnish

Halve the papaya crosswise and remove seeds. Cut ¼ inch from the bottom of each half so papayas will sit and not roll. Quarter the lemons and squeeze ¼ of a lemon over each papaya half to prevent discoloring and add flavor. Wash the lettuce leaves, dry and line eight individual serving plates.

Remove cartilage from crabmeat. In large bowl combine crabmeat with one cup of Seafood Dressing, mixing thoroughly, but gently. Divide crabmeat mixture evenly among papaya halves, filling cavities with the mixture. Place each papaya half in center of individual serving plates, garnish with flowers and carrot curls. Spoon one tablespoon of Seafood Dressing over crabmeat and garnish with parsley sprigs.

Serve remaining Seafood Dressing on the side. Serves 8.

Seafood Dressing

2 (8-ounce) packages cream cheese
1 cup mayonnaise
¼ cup sour cream
⅓ cup chopped pimiento
1 clove garlic, minced
1 tablespoon chopped onion
1 tablespoon soy sauce
½ tablespoon bitters
½ tablespoon liquid hot pepper sauce
¼ teaspoon chicken flavor base

In large bowl soften cream cheese. Add mayonnaise and sour cream and mix until mixture is smooth. Add rest of ingredients and blend well.

Chill for at least 12 hours before using.

Makes about 3½ cups.

Hunt Valley Inn
Hunt Valley, Maryland

Crabmeat Omelet

1 pound Maryland backfin crabmeat
¼ cup (½ stick) butter or margarine
1 cup heavy cream
1 teaspoon tarragon OR 1 teaspoon fine herbs
⅛ teaspoon liquid hot pepper sauce

Remove cartilage from crabmeat. Melt butter in medium saucepan; add crabmeat and saute' gently until thoroughly heated. Add heavy cream, tarragon and liquid hot pepper sauce. Heat until sauce has a creamy consistency, stirring occasionally. Reduce heat to avoid burning. Set aside while making omelets.

Makes filling for 4 omelets. See Omelet Recipe below.

Omelet Recipe

3 eggs
¾ teaspoon water
Dash liquid hot pepper sauce
Pinch of salt
About 1 tablespoon butter or margarine
¾ cup crabmeat filling
Paprika, for garnish
Parsley, for garnish

Beat eggs until fluffy. Mix in water, liquid hot pepper sauce and salt. Using a 10-inch omelet pan or French skillet melt enough butter over medium heat to coat bottom of pan well.

When butter just begins to sizzle, add eggs. As eggs begin to set around sides of pan, gently lift edges with spatula, allowing uncooked egg to flow to sides. Continue this process until eggs will no longer flow when edges are lifted and is of a jelly consistency. Spoon ½ cup of crabmeat mixture on to one-half of omelet. Gently fold other half over crabmeat. Cook until lightly browned.

Remove to plate. Spoon ¼ cup of crabmeat mixture on top of omelet. Serve garnished with paprika and parsley, if desired.

Makes 1 omelet.

Lookout Restaurant
Fenwick Inn
Ocean City, Maryland

Crabmeat Omelet

½ cup Maryland backfin crabmeat
1½ teaspoons butter or margarine
1½ tablespoons chopped green onions
1½ teaspoons chopped parsley
1 teaspoon lemon juice
Salt and pepper, to taste
Liquid hot pepper sauce, to taste
2 eggs
1 tablespoon water
¼ teaspoon salt
Dash pepper
3 or more drops liquid hot pepper sauce
About 1 tablespoon butter or margarine

Remove cartilage from crabmeat.

Melt butter in medium saucepan, and saute' onions and 1 teaspoon parsley. Do not let butter brown. Add crabmeat, lemon juice, salt, pepper and liquid hot pepper sauce, tossing with care to keep from breaking crab lumps. Place on low heat, and prepare omelet.

Beat 2 eggs well, mix in water, salt, pepper and liquid hot pepper sauce.

Using a 10-inch omelet pan or French skillet, melt butter until it sizzles; add eggs. As eggs begin to set around sides of pan, gently lift edges with spatula, allowing uncooked egg to flow to sides. Continue this process until egg will no longer flow when edges are lifted and is of a jelly consistency. Spoon crabmeat mixture down the center of the omelet. Fold two sides of omelet toward center over crab filling.

Slide onto warm plate. Sprinkle with remaining parsley.

Serves 1.

Anne MacKenzie
Food Editor, Aegis,
Bel Air, Maryland

Crepes with Crab Sauce

Crepes (see Crepe Recipe)
1 pound Maryland backfin crabmeat
3 tablespoons butter or margarine
3 tablespoons flour
1 tablespoon chives, freshly cut
1 tablespoon sweet diced peppers
½ teaspoon salt
⅛ teaspoon pepper
1 cup light cream OR half and half
1 tablespoon chopped onions
¼ teaspoon dry mustard
¼ teaspoon black pepper
¼ cup grated Swiss cheese
¼ cup grated Parmesan cheese
¼ cup heavy cream, whipped

Prepare crepes. Remove cartilage from crabmeat. Preheat oven to 375°F.

Melt butter in saucepan. Stir in flour, chives, diced peppers, salt and pepper and blend until smooth. Slowly add cream. Cook, stirring constantly over moderate heat until mixture comes to a boil and thickens, about 10 minutes. Remove from heat and add onions, mustard, pepper and crabmeat. Place crepes in a greased shallow pan. Place about ¼ cup crab mixture on each crepe and fold over.

In small bowl combine Swiss cheese, Parmesan cheese and whipped cream until well blended. Top each crepe with cheese mixture. Bake 10 minutes or until top is brown. Serve at once.

Makes 6 large or 12 small crepes.

NOTE: Both crepes and topping may be prepared ahead of time and the recipe may be finished at the time of serving.

Belvedere Restaurant, Inc.
Lexington Park, Maryland

Crabe en Chemise (Crab Crepes)

1 pound Maryland backfin crabmeat
¼ teaspoon salt
¼ teaspoon pepper
½ cup dry sherry
*2 cups Mornay Sauce (see page 68)**
2 tablespoons Hollandaise Sauce
*3 tablespoons Hollandaise Sauce (bottled or see page 68)**
1 cup heavy cream, whipped
*6 (10-inch) crepes (your own favorite or see page 68)**

Remove cartilage from crabmeat. In 2-quart saucepan, put crabmeat, salt, pepper and ¼ cup sherry. Simmer until crabmeat is heated through, about 5 minutes. Add 1 cup Mornay Sauce, 1½ tablespoons Hollandaise Sauce and half of the whipped cream. Heat slowly until mixture is hot, but *do not boil.*

Place crepes on a baking sheet. Put about ⅓ cup crab mixture in the middle of each crepe and roll up.

In 1-quart saucepan, mix the remaining sherry, Mornay Sauce, Hollandaise Sauce and whipped cream. Heat slightly, but *do not boil.* Pour enough sauce mixture over each crepe to cover. Put crepes under broiler until browned.

Serve crepes on heated plates. Serve remaining sauce on the side.

Serves 4 to 6.

*In making this recipe, to avoid the confusion of having too many things to do all at one time, it is best to prepare the Mornay Sauce, Hollandaise Sauce and crepes first.

Danny's
Baltimore, Maryland

Maryland Crab Cakes

1 pound Maryland regular crabmeat
½ cup breadcrumbs
1 egg, beaten
5 tablespoons mayonnaise
1 tablespoon finely chopped parsley
2 teaspoons Worcestershire sauce
1 teaspoon prepared mustard
1 teaspoon salt
¼ teaspoon white pepper

Remove cartilage from crabmeat.

Mix breadcrumbs, egg, mayonnaise, parsley, Worcestershire sauce, mustard, salt and white pepper together well.

Pour mixture over crabmeat and fold in lightly but thoroughly.

Form into six cakes.

Deep fry at 350°F. until golden brown, 2 to 3 minutes.

Makes 6 crab cakes.

Harbour House
Annapolis, Maryland

Crab Cakes

2 pounds Maryland backfin crabmeat
⅔ cups breadcrumbs
⅔ cup mayonnaise
1 egg
3 tablespoons horseradish
2½ tablespoons finely chopped green pepper
1 teaspoon prepared mustard
1 teaspoon salt
½ teaspoon pepper
Fat or oil, for frying

Remove cartilage from crabmeat. Place all ingredients in large bowl and toss lightly, but thoroughly. DO NOT BREAK CRAB LUMPS.

Form into 10 patties.

Fry in deep fat at 360°F. until golden brown, about 6 to 8 minutes.

Makes 10 crab cakes.

Karson's Inn
Baltimore, Maryland

Crab Cakes

1 pound Maryland backfin crabmeat
1 egg
¼ cup finely chopped green pepper
1 slice white bread, cubed
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
1 teaspoon lemon juice
½ teaspoon salt
¼ teaspoon pepper
Fat or oil, for frying

Remove cartilage from crabmeat.

In medium bowl, beat egg slightly. Add remaining ingredients and crabmeat and mix gently but thoroughly. Shape into 6 cakes.

Cook cake in fry pan, in just enough fat to prevent sticking, until browned; about 5 minutes on each side.

Makes 6 crab cakes.

Maryland Inn
Annapolis, Maryland

Sautéed Crab Flakes

2 pounds Maryland backfin crabmeat
⅔ cup butter or margarine
¼ cup chopped parsley
2 tablespoons brandy
¼ teaspoon salt
⅛ teaspoon pepper
Pinch nutmeg
Toast points, if desired

Remove cartilage from crabmeat.

Melt butter in 2½ to 3-quart saucepan or chafing dish. Add parsley, brandy, salt, pepper and nutmeg. Stir in crabmeat, trying not to break crabmeat, and sauté slowly until crabmeat is heated, 5 to 8 minutes.

Serve as is or over toast points.

Serves 6 to 8 (6 cups crabmeat mixture).

Little Campus Inn
Annapolis, Maryland

Hot Crab Flake Sandwich

1 pound Maryland backfin crabmeat
6 tablespoons butter or margarine
½ teaspoon salt
½ teaspoon Worcestershire sauce
¼ teaspoon pepper
3 dashes liquid hot pepper sauce
1 pint cream or half and half
8 slices toast
Sherry, if desired

Remove cartilage from crabmeat.

Melt butter in 2-quart saucepan, add crabmeat and sauté until heated through. Add salt, Worcestershire sauce, pepper and liquid hot pepper sauce. Add cream and allow mixture to come just to the boiling point, but do NOT boil.

Place one slice of toast on each of 4 plates. Using a slotted spoon, cover toast slices with crab flakes. Top with another slice of toast and cover with remaining crabmeat. Pour desired amount of sauce on each sandwich and serve. Sprinkle with sherry, if desired.

Makes 4 sandwiches.

Merchant's Club
Baltimore, Maryland

Crab Fluff

1½ cups all-purpose flour
2 teaspoons baking powder
1 teaspoon seafood seasoning
½ teaspoon salt
¼ teaspoon celery seed
¼ teaspoon lemon and pepper seasoning
2 eggs
2 teaspoons mayonnaise
¼ teaspoon prepared mustard
About 1 cup milk
Crab Balls (see recipe below)
Margarine, butter or oil for frying

In large bowl mix flour, baking powder, seafood seasoning, salt, celery seed and lemon and pepper seasoning.

In small bowl, beat eggs; mix in mayonnaise and mustard.

Add egg mixture to flour mixture. Slowly stir in milk until batter is consistency of medium pancake batter.

Coat crab balls one at a time with batter and drop gently into hot fat 350°F. Cook until browned; remove and drain. Coat balls again and cook in fat until golden brown on all sides. Remove and drain.

Serve immediately.

Makes 12 Crab Fluffs.

Crab Balls

1 pound Maryland crabmeat
½ cup Italian seasoned breadcrumbs
1 large egg or 2 small eggs
About ¼ cup mayonnaise
1 teaspoon Worcestershire sauce
1 teaspoon dry mustard
½ teaspoon salt
¼ teaspoon pepper

Remove all cartilage from crabmeat and place crabmeat in a medium bowl. In another bowl, mix breadcrumbs, egg, mayonnaise, Worcestershire sauce, dry mustard, salt and pepper. Pour mixture over crabmeat and mix gently, but thoroughly. If mixture is too dry, add a little more mayonnaise.

Shape into 12 balls about 1½ inches in diameter.

Curran's Carry-Out
Ocean City, Maryland

Crab Smitty

1 pound Maryland backfin crabmeat
½ cup (1 stick) butter or margarine
½ teaspoon lemon juice
¼ teaspoon salt
⅛ teaspoon pepper
⅛ teaspoon onion juice
⅛ teaspoon liquid hot pepper sauce
⅛ teaspoon thyme
4 thin slices Smithfield ham (about 2 ounces)

Remove cartilage from crabmeat.

Melt butter in skillet. Add crabmeat, lemon juice, salt, pepper, onion juice, liquid hot pepper sauce and thyme. Saute' briefly until crabmeat is just heated through. Cover crabmeat with ham slices. Cover skillet and simmer for 2 to 3 minutes until edges of ham curl and flavors are well-blended.

May be served as is or on toast.

Makes 4 servings.

Phillip's Crab House
Ocean City, Maryland

Imperial Crab

2 eggs

½ cup mayonnaise

2 tablespoons chopped pimiento

1 tablespoon Worcestershire sauce

6 to 8 drops liquid hot pepper sauce

1 teaspoon salt

2 pounds Maryland backfin crabmeat

Seafood seasoning, to taste (1 to 1½ teaspoons)

1 teaspoon mayonnaise per shell

Paprika, for sprinkling

Mix eggs, mayonnaise, pimiento, Worcestershire sauce, liquid hot pepper sauce and salt together with a fork until well blended.

Remove cartilage from crabmeat. Put crabmeat in large bowl and sprinkle with seafood seasoning. Add egg mixture and mix gently.

Spoon mixture into 8 individual shells. Spread mayonnaise over top of each shell and sprinkle with paprika.

Bake in 400°F. oven until hot and bubbly, about 20 minutes. Serve immediately.

Makes 8 servings.

The Crab Claw, Inc.
St. Michaels, Maryland

Imperial Crab

2 pounds Maryland backfin crabmeat

2 tablespoons lemon juice

2 tablespoons capers

1 teaspoon prepared mustard

½ teaspoon salt

½ cup mayonnaise

¼ cup (½ stick) butter or margarine, melted

Paprika, for sprinkling

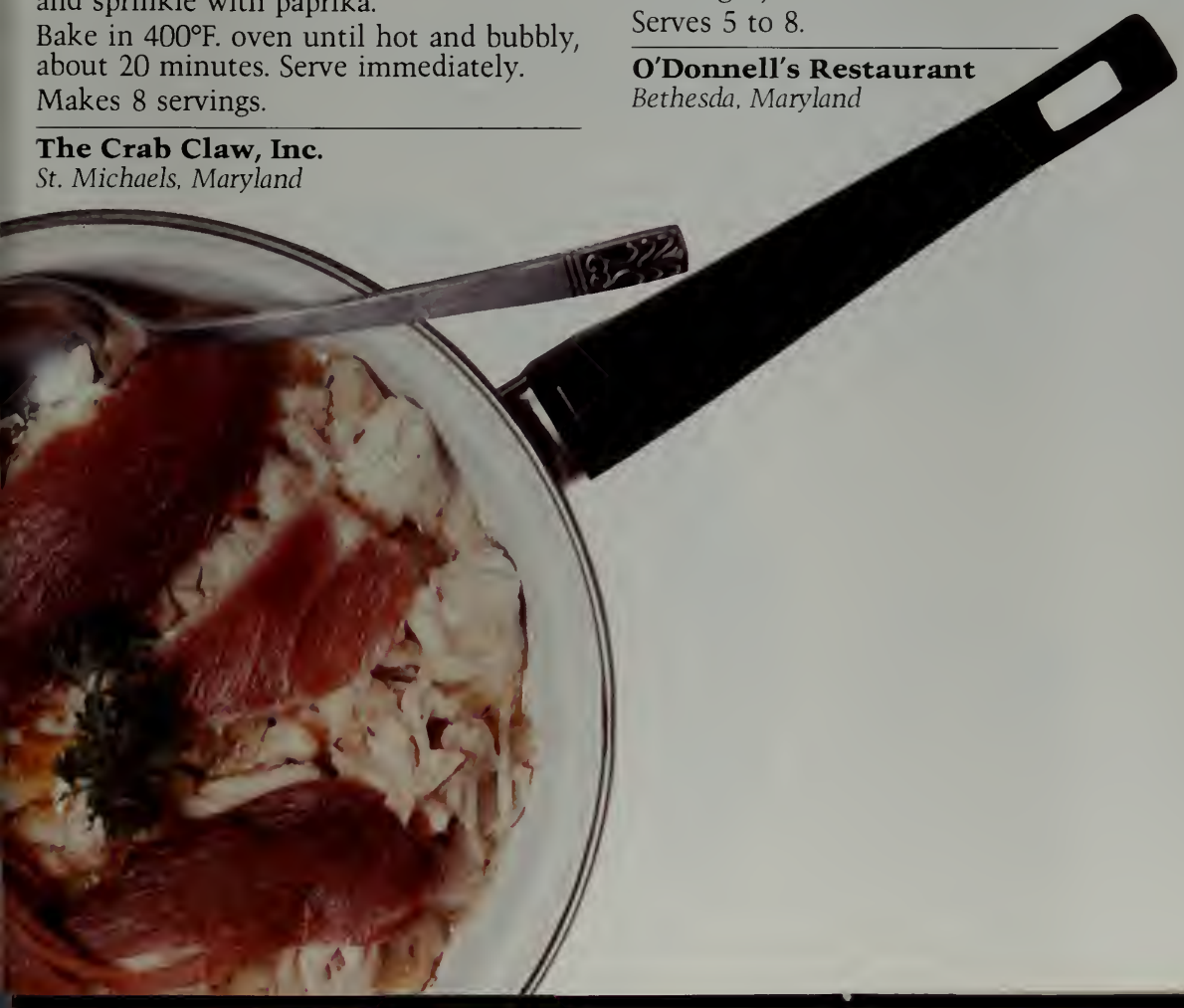
Remove cartilage from crabmeat and place crabmeat in a large mixing bowl. Add lemon juice, capers, mustard and salt. Mix in mayonnaise, being careful not to break the crabmeat lumps in the process.

Pack crabmeat mixture lightly into crab or aluminum shells. (Mixture may also be placed in a 2-quart shallow baking dish.) Brush tops with melted butter and sprinkle with a little paprika.

Place the Imperial Crabs on a baking sheet and bake at 450°F. for 10 to 15 minutes or until mixture is golden brown and thoroughly heated.

Serves 5 to 8.

O'Donnell's Restaurant
Bethesda, Maryland



Imperial Crab

2 pounds Maryland backfin crabmeat
½ cup mayonnaise
2 teaspoons chopped pimiento
2 teaspoons whole capers
1 teaspoon Worcestershire sauce
1 teaspoon salt
6 drops liquid hot pepper sauce
8 aluminum or ceramic scallop shaped baking shells
8 tablespoons mayonnaise
Paprika, for garnish

Remove all cartilage from crabmeat. Place crabmeat in a large bowl.

Mix mayonnaise, pimiento, capers, Worcestershire sauce, salt and liquid hot pepper sauce together and blend well. Pour over crabmeat and toss LIGHTLY. Divide crabmeat between eight scallop shells and top each shell with one tablespoon mayonnaise. Sprinkle with paprika.

Place shells on cookie sheet or shallow baking pan and bake for 20 minutes in 375°F. oven. Serve at once.

Makes 8 servings.

Olney Inn
Olney, Maryland

Crab Imperial

2 pounds Maryland backfin crabmeat
2 eggs
½ cup mayonnaise
1½ teaspoons Worcestershire sauce
½ teaspoon salt
⅛ teaspoon thyme
⅛ teaspoon oregano
⅛ teaspoon dry mustard
⅛ teaspoon MSG
Few dashes liquid hot pepper sauce
Mayonnaise, for topping
Parsley flakes, for topping
Paprika, for sprinkling
Green pepper and pimiento strips, for garnish

Remove cartilage from crabmeat.

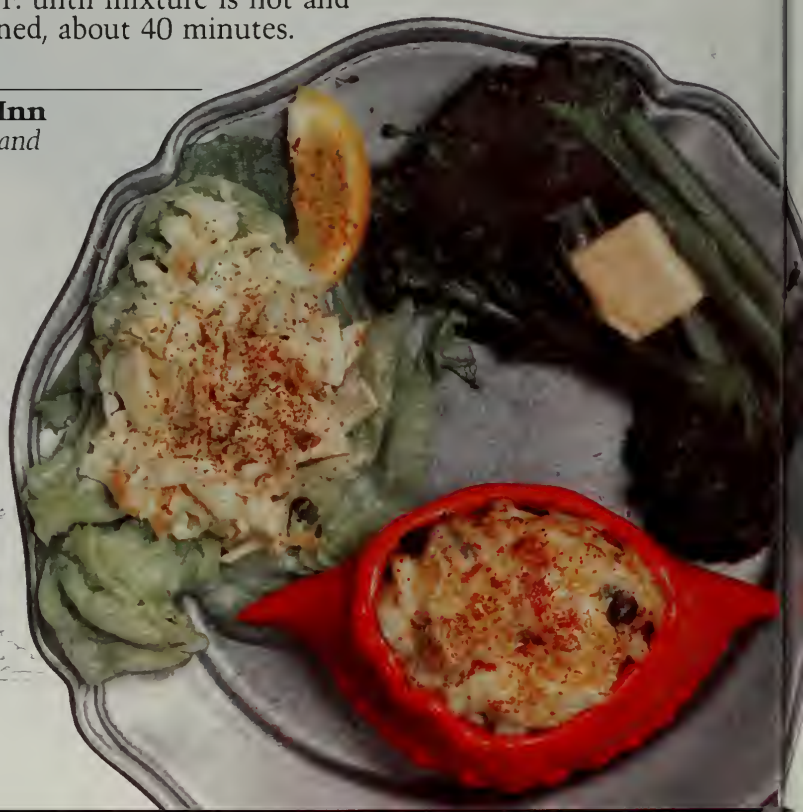
In large bowl, mix together eggs, mayonnaise, Worcestershire sauce, salt, thyme, oregano, dry mustard, MSG and liquid hot pepper sauce. Gently mix in crabmeat.

Coat a 2-quart casserole lightly with mayonnaise and fill with crab mixture. Spread a thin layer of mayonnaise over top of crab mixture and sprinkle with parsley and paprika, top with thin strips of green pepper and pimiento.

Bake at 350°F. until mixture is hot and lightly browned, about 40 minutes.

Serves 8.

Tidewater Inn
Easton, Maryland



Crab Imperial

1 pound Maryland regular OR backfin crabmeat

¼ cup mayonnaise

1 teaspoon olive oil

¼ cup chopped chives OR chopped onion top; chopped parsley with juice scraped from small dried onion

1 tablespoon lemon juice

5 drops oil from can of anchovies

½ teaspoon capers

3 dashes liquid hot pepper sauce

3 dashes Worcestershire sauce

Cracker crumbs or seasoned bread crumbs, for topping

Paprika, for topping

Butter or margarine, for topping

Remove cartilage from crabmeat.

Mix mayonnaise and olive oil in a large bowl. Add chopped chives, lemon juice, anchovie oil, capers, liquid hot pepper sauce and Worcestershire sauce. Add crabmeat to mayonnaise mixture and mix well.

Place crab mixture in individual crab shells or in a shallow baking dish. Cover with cracker crumbs or seasoned bread crumbs. Sprinkle with paprika and dot with butter. Bake in a 450°F. oven until brown and bubbly, about 10 minutes.

NOTE: This recipe can be "stretched" with one or two chopped hard boiled eggs plus ¼ cup chopped black olives.

Serves 4.

Old Hotel Belvedere
Baltimore, Maryland

Deep Dish Crab Imperial

2 pounds Maryland backfin crabmeat

2 tablespoons butter or margarine

2 tablespoons flour

2 cups half and half

Sherry, to taste

Salt and pepper, to taste

2 tablespoons seafood seasoning

Remove cartilage from crabmeat and place crabmeat in large bowl.

Melt butter in medium saucepan and stir in flour. Slowly add half and half and cook over medium heat until mixture thickens and is bubbly, stirring occasionally. Add sherry, salt, pepper and seafood seasoning, mixing well. Remove from heat.

Pour sauce over crabmeat and mix gently.

Put crabmeat mixture into 1½ quart baking dish and bake in oven at 350°F. until lightly brown on top, about 20 minutes.

Serves 6.

Old South Mountain Inn
Boonsboro, Maryland

Crabmeat Supreme

1 pound Maryland backfin crabmeat
½ cup chopped celery
¼ cup chopped parsley
¾ cup mayonnaise
¼ teaspoon Worcestershire sauce
⅛ teaspoon liquid hot pepper sauce
Salt to taste
1 (10-ounce) package frozen patty shells, thawed in package
Pimiento Sauce (see recipe below)

Remove cartilage from crabmeat. Combine crabmeat, celery, parsley, mayonnaise, Worcestershire sauce, liquid hot pepper sauce and salt together.

Roll out each patty shell into a circle. Spoon about ⅓ cup crabmeat mixture into center of each patty shell; fold up ends to completely enclose crabmeat. Place, sealed ends down, on an ungreased baking sheet. At this point you may refrigerate puffs for 4 to 6 hours.

Bake in a 425°F. oven for 35 to 45 minutes or until pastry is puffed and lightly browned. Serve with Pimiento Sauce.

Makes 6 puffs.

Pimiento Sauce

¼ cup (½ stick) butter or margarine
¼ cup flour
2½ cups milk
1 teaspoon finely chopped onion
1 teaspoon grated lemon or orange rind
½ teaspoon salt
⅛ teaspoon pepper
½ cup chopped pimientos

Melt butter in a 1-quart saucepan; blend in flour. Gradually stir in milk. Add onion, lemon or orange rind, salt and pepper. Cook over low heat, stirring constantly, until thickened. Add pimientos. Serve with Crabmeat Supreme.

Makes about 2½ cups sauce.

NOTE: This sauce may be prepared and refrigerated one day in advance. Reheat in a double boiler.

Ginger Silvers
Food Editor-Sentinel Newspapers

Bernardo Crab

4 whole chicken breasts, boned
1 cup mayonnaise
1 egg, beaten
1 tablespoon minced green pepper
1 tablespoon melted butter or margarine
1 teaspoon minced red pimiento
½ teaspoon dry mustard
¼ teaspoon MSG
⅛ teaspoon pepper
Salt, to taste
1 pound Maryland backfin crabmeat
½ cup mayonnaise
3 to 4 drops Worcestershire sauce
3 to 4 drops lemon juice
2 drops yellow food coloring
Paprika, for sprinkling

Cut chicken breasts in half and cook.

Mix together mayonnaise, beaten egg, green pepper, butter, pimiento, dry mustard, MSG, pepper and salt. If too thick, thin with a little milk. Measure out ¼ cup of sauce and reserve.

Remove cartilage from crabmeat. Combine the remaining sauce with the crabmeat, mixing it well. This mixture can be refrigerated for later use. Flatten each chicken breast half and divide the crabmeat mixture evenly, placing mounds of mixture on each chicken breast. Place breasts in a 425°F. oven until the crabmeat starts to become golden brown, approximately 5 to 15 minutes.

Mix together the reserved sauce mixture, ½ cup mayonnaise, Worcestershire sauce, lemon juice and food coloring. Place some of this mixture on each breast and sprinkle with paprika. Return to oven and when topping starts to blister, about 5 to 7 minutes, remove from oven and serve.

Serves 8.

Wagon Wheels Restaurant
Severna Park, Maryland

Crabmeat Adventure

1 pound Maryland crabmeat
2 tablespoons butter or margarine
1 cup sliced mushrooms
1 cup chopped celery
¾ cup sliced water chestnuts
3 large ripe avocados
Lemon juice, for sprinkling
3 tablespoons butter or margarine
1 cup cream
1 tablespoon French mustard
1 teaspoon Worcestershire sauce
½ teaspoon sugar
3 drops liquid hot pepper sauce
1 cup mayonnaise
½ lime
Salt, to taste
½ cup blanched, toasted almonds
2 tablespoons chopped parsley
1 tablespoon brandy
Blanched, toasted almonds, to sprinkle

Remove cartilage from crabmeat.

Preheat oven to 400°F. In skillet heat butter; add mushrooms and celery. Cook for about 5 minutes, stirring occasionally. Add crabmeat and water chestnuts. Cook, stirring, until ingredients are well mixed. Cover and cook over low heat for about 5 minutes.

Halve avocados lengthwise. Discard seeds and rub cut surface with lemon juice. Place avocados in a baking dish with ½ inch hot water and heat in oven for 10 minutes. In large saucepan combine 3 tablespoons butter, cream, mustard, Worcestershire sauce, sugar, liquid hot pepper sauce and mayonnaise. Heat to almost boiling, stirring constantly. Stir in juice from lime and salt. Add the crabmeat mixture and ½ cup blanched toasted almonds. Mix well Stir in chopped parsley and brandy.

Remove avocados to serving dish. Fill with the hot crabmeat mixture and top with toasted almonds.

Makes 6 servings.

Tom Jones Steak House
Baltimore, Maryland

Fried Soft Shell Crabs

1 cup flour

1 teaspoon salt

1 teaspoon pepper

½ teaspoon baking powder

12 Maryland soft shell crabs, cleaned

Fat or oil, for frying

Mix together flour, salt, pepper and baking powder. Dredge crabs in flour mixture to coat well.

In large fry pan or electric skillet, heat about ½ inch fat to 375°F. Add crabs and turn heat down to 350°F. Cook crabs until browned, about 5 minutes on each side.

Serves 6, 2 crabs each.

Harrison's Chesapeake House
Tilghman Island, Maryland

Stuffed Soft Crab

12 medium Maryland soft crabs, cleaned

1 pound Maryland backfin crabmeat

½ cup (1 stick) butter or margarine

Dry soft crabs with paper towels. Remove all cartilage from crabmeat.

Place soft crabs in shallow baking pan. Remove top shell from crabs and stuff each crab cavity with about 3 tablespoons crabmeat. Replace top shell.

Melt butter and pour evenly over crabs.

Bake at 400°F. until shells turn red and crabs brown slightly, about 15 minutes.

Makes 6 servings, 2 crabs each.

Berger's Colonial Restaurant
Pasadena, Maryland

Lobster

Northern Lobster which is found in Maryland off the coast of Ocean City is the same species of lobster that is caught from Maryland to Canada. Lobster is a comparatively new industry in Maryland and mostly all of the product is consumed locally in Ocean City.

Maryland Lobsters are available live and steamed in the shell. In other areas of the State, live lobster and fresh and frozen cooked lobster meat is available. These products are harvested, packed and shipped from other areas such as New England and can be purchased from fish markets and some chain stores.

To freeze lobsters see section on Freezing Shellfish page 35.

To clean a boiled lobster to obtain meat for immediate eating or for use in other dishes, see illustration, page 30.

CORAL & TOMALLEY: The green material found in the body of most lobsters is the tomalley (or liver). The red material is coral (or roe), and is found in female lobsters only.

A 2-pound live lobster will yield about ½ pound (8 ounces), cooked meat. A 1 to 1¼-pound lobster will yield about 3 to 4 ounces cooked meat.

NOTE: Northern Lobster is not to be confused with "lobster tail", which is a crayfish and is an entirely different species of shellfish.

Broiled Lobster-Ocean City's Finest

Live lobster(s), allow about 1 pound of lobster in shell, per person; Water; Salt, 2 tablespoons for each quart of water.

Fill large pot with sufficient water to cover lobster(s). Add salt and bring to rapid boil.

Grasp lobster firmly just behind the claws and plunge, headfirst, into boiling water. Allow water to boil again after putting in each lobster. Lower heat, cover pot and simmer 15 minutes for 1-pound lobster(s), 20 minutes for 1½ to 2-pound lobsters(s), 40 minutes for very large lobster(s).

Remove lobster(s) from pot, split and serve hot with melted butter, or chill whole and serve cold with mayonnaise.

NOTES: A 2-pound live lobster will yield about ½ pound (8 ounces) cooked meat. A 1 to 1¼-pound lobster will yield about 3 to 4 ounces cooked meat.

To clean a boiled lobster to obtain meat for immediate eating or for use in other dishes, see illustration, page

TO CLEAN A BOILED LOBSTER TO OBTAIN MEAT AND ALSO RETAIN SHELL FOR USE IN LOBSTER THERMIDOR, BAKED STUFFED LOBSTER AND OTHER DISHES:

Remove all lobster claws and flippers. Reserve the two large claws. Using a heavy knife, with sharp point, cut through the entire length of the lobster body and tail. Spread open and remove the meat, discarding the black line which runs the entire length. The green material is tomalley or liver; the red material is coral or roe; both of these are edible. Discard all other parts. Clean the two sections of the lobster body shell and reserve. Using a blunt instrument, such as a crab mallet, break open the large claws and remove the meat.

Lobster Thermidor

3 (2-pound) live lobsters
2 cups heavy cream
¼ cup (½ stick) butter or margarine
3 tablespoons flour
½ teaspoon salt
1 cup milk
¼ cup prepared mustard
½ cup grated Parmesan cheese
2 tablespoons butter or margarine

Boil and split lobsters (see page 26). Remove lobster meat from shells and cut into bite-size pieces. Save coral, if any is present.**

Put cream in 1-quart *heavy* saucepan and simmer over low heat for about 30 minutes, stirring occasionally.

In 2-quart saucepan, melt butter. Stir in flour and salt. Slowly add milk and cook, stirring constantly, until mixture comes to a boil and thickens. Remove from heat and mix in cream and lobster coral, if any.

Brush inside of lobster shells lightly with mustard. Divide lobster meat among the 6 shells (about ¾ cup per shell). Pour sauce, about ⅞ cup per shell, over the meat. Sprinkle each shell with about 4 teaspoons cheese and dot each shell with 1 teaspoon butter.

Bake in hot oven (400°F.), until hot and bubbly, about 10 minutes.

Serves 6.

NOTE: 1½ pounds cooked lobster meat may be substituted in above recipe. Use individual baking shells or ramekins for cooking mixture.

**Coral (or roe) is the red material found in the body of female lobsters only. Thus it may, or may not be available. The green material is the tomalley (or liver) and is usually found in all lobsters. Both are considered delicacies and may be used either separately or together in the above recipe.

The Granary
Georgetown, Maryland

Lobster Thermidor

¼ cup (½ stick) butter or margarine
⅔ cup sliced mushrooms (a 4-ounce can)
½ cup diced green bell pepper
¼ cup flour
1 teaspoon salt
½ teaspoon dry mustard
Dash cayenne pepper
2 cups milk
¾ pound cooked lobster meat, cut in ½" cubes (2½ cups)
Grated Parmesan cheese, for sprinkling
Paprika, for sprinkling

Melt butter in large saucepan and saute' mushrooms and green peppers for 5 minutes. In small bowl mix flour, salt, dry mustard and cayenne pepper together. Blend into butter; add milk gradually, and stir constantly until mixture thickens. Stir in lobster meat.

Spoon mixture into six well-greased seafood shells or individual casseroles. Sprinkle with cheese and paprika. Bake at 400°F. for 10 minutes or until cheese browns.

Serves 6.

Peerce's Plantation
Phoenix, Maryland

Lobster Thermidor

¼ cup (½ stick) butter or margarine
3 tablespoons flour
1 ⅓ cups milk OR water
¼ cup shredded carrot
2 tablespoons sherry
1 teaspoon onion salt
Juice of one-half lemon (1 tablespoon)
1 pound cooked lobster meat, cut in cubes

Melt butter in 2-quart saucepan. Blend in flour. Add milk or water and cook, stirring constantly, until mixture comes to a boil and thickens. Reduce heat and blend in carrot, sherry, onion salt and lemon juice.

Remove from heat and add lobster meat.

Put lobster mixture into 6 individual shells or ramekins and bake in 350°F. oven until lightly browned on top, about 10 to 15 minutes.

Serve immediately.

Makes 6 servings.

Johnny's and Sammy's Alpine Room
Salisbury, Maryland

Lobster Bernardo

1 pound scallops
1 pound Maryland crabmeat
1 pound (3 cups) cooked lobster meat
5 slices white bread, cubed
10 saltine crackers, crushed
¾ cup (1½ sticks) butter or margarine
*1 to 4 tablespoons steak sauce***
2 tablespoons chopped parsley
1 tablespoon Worcestershire sauce
¾ teaspoon garlic powder
¼ cup dry white wine, or water, if desired

Cook scallops (see page 68). Remove cartilage from crabmeat.

In large bowl, combine scallops, crabmeat, 2 cups lobster meat, bread and crackers.

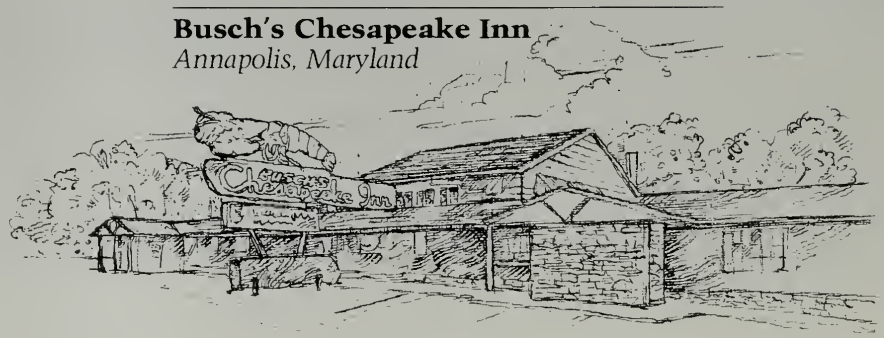
In small saucepan, melt butter. Mix in steak sauce, parsley, Worcestershire sauce and garlic powder. Pour over seafood mixture. Add wine or water and mix thoroughly. If mixture appears too dry, add more water.

Divide mixture between 8 individual shells or ramekins. Top each serving with 2 tablespoons lobster meat. Put on shallow baking pan and bake at 350°F until hot, about 15 minutes.

Serves 8.

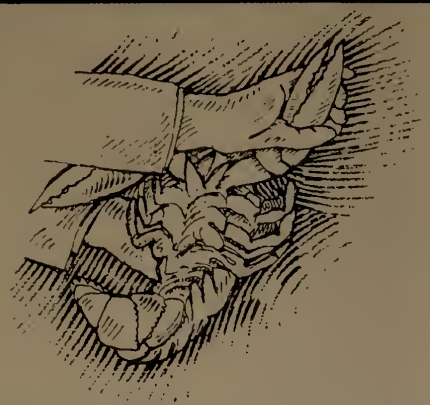
**Note: Men seem to like the strong flavor of the steak sauce and, therefore, may prefer the larger amount. Women seem to prefer the lesser amount.

Busch's Chesapeake Inn
Annapolis, Maryland

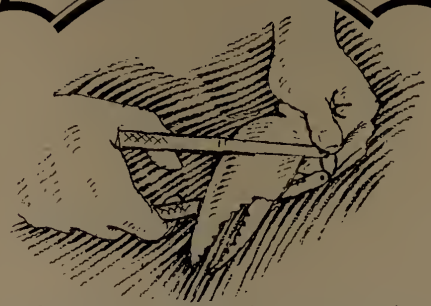


HOW TO
FILLET
SHUCK
CLEAN
DRESS
FREEZE
&
ENJOY
MARYLAND
FISH
CRABS
LOBSTER
CLAMS
OYSTERS

HOW TO ENJOY MARYLAND LOBSTER



1. Twist off the claws.



2. Crack each claw with a nutcracker, pliers, knife, hammer, rock or what have you.

3. Separate the tail-piece from the body by arching the back until it cracks.

4. Bend back and break the flippers off the tail-piece.

5. Insert a fork where the flippers broke off and push.

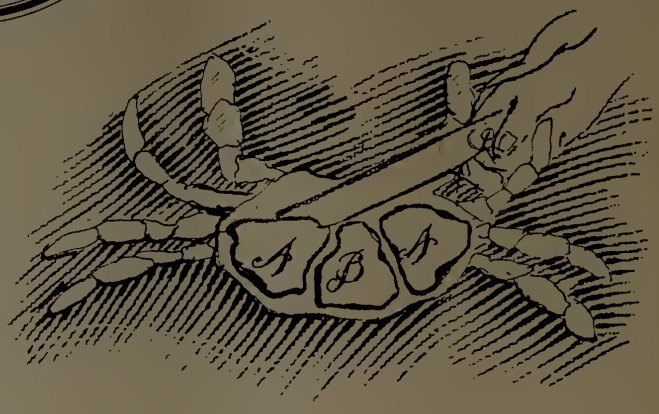
6. Unhinge the back from the body. Don't forget that this contains the "tomalley", or liver of the lobster which turns green when it is cooked and which many persons consider the best eating of all.

7. Open the remaining part of the body by cracking apart sideways. There is some good meat in this section.

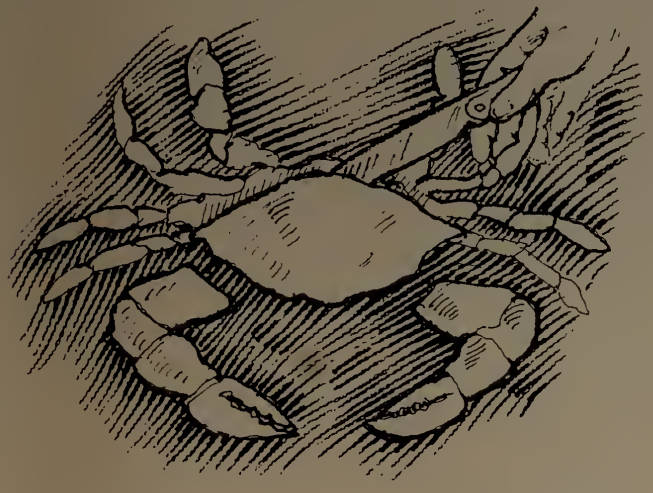
8. The small claws are excellent eating and may be placed in the mouth and the meat sucked out like sipping cider with a straw.

HOW TO ENJOY MARYLAND STEAMED CRABS

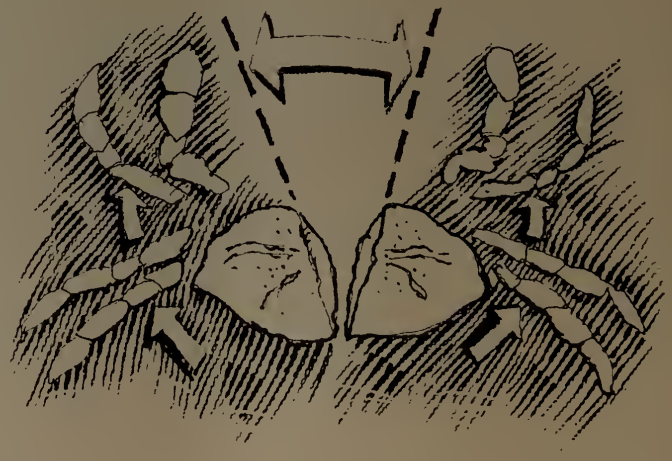
STEP 1 With thumb or knife point, pry off apron flap underside and discard it.



STEP 3 With knife edge scrape off and discard Areas A & B. This exposes hard semi-transparent membrane covering edible crab meat.



STEP 2 With thumb or knife point, lift off top shell and discard it. Break off toothed claws and set aside for eating later.



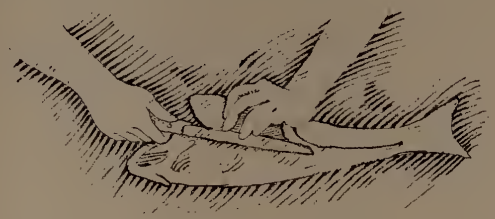
STEP 4 Hold the crab at each side and break it apart at the center. Discard appendages.

STEP 5 Meat under membrane cover in each half of crab can be exposed by removing this cover with knife OR you may slice lengthwise through the center of each half without removing the membrane. Each method will expose large succulent chunks of meat, which may be removed with fingers or knife. Crack large claws with mallet or knife handle to expose meat within.

THREE EASY STEPS FOR FILLETING

Budget minded folks can cut costs by filleting their own fish. A cleaned but not boned fish is a good buy and will produce a delectable and economical dinner in a few minutes. All that is needed is a sharp filleting knife and a cutting board.

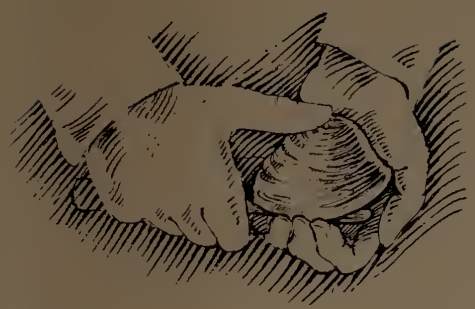
Place the fish on the cutting board. Cut down the back of the fish from tail to head. Then cut just behind the gills down to the back bone.



Holding the knife at slight angle against the bone, cut with sliding motion along the bone pulling back the fillet with the other hand until the flesh is removed down to the tail. Turn the fish over and repeat the cutting process for the other fillet.

To skin, place fillet skin side down on cutting board. Starting from tail (narrow) end, cut flesh to skin (but not through skin) and, holding knife at an almost flat angle against skin, cut and slide the blade under the flesh toward the wide end.

HOW TO SHUCK CLAMS



Inserting knife

Cutting clam from shell

Cutting muscle

Clam on the half shell

Care of clams after digging

Wash off all surface sand with sea water. Cover clams with clean sea water or 2-percent brine (⅓ cup salt to 1 gallon of tap water) and let stand for 15 or 20 minutes to allow the clams to cleanse themselves of sand—salt water is necessary if the clams are to open and discharge sand. The sand will settle to the bottom of the container. Change the water and let stand a little while two or three times. This step is important if the clams are to be steamed or eaten from the shell.

Shucking hard clams

Wash the shell clams thoroughly, discarding any broken-shell or dead clams. To open a hard clam, hold it in the palm of one hand with the shell's hinge against the palm. Insert a slender, strong, sharp knife between the halves of the shell and cut around the clam, twisting the knife slightly to pry open the shell. Cut both muscles free from the two halves of the shell. If to be served on the half shell, remove only one-half of the shell. If to be used in one of the other recipes, remove and rinse the meat.

Since soft clams and surf clams do not have tight-fitting shells, they are easier to open.

An alternate method is to place the shell clams, after washing, in a small quantity of boiling water. Cover and steam them 5 to 10 minutes, or until they are partially open. Drain, remove, and wash the meat from the shells.

HOW TO SHUCK OYSTERS

Wash and rinse the oysters thoroughly in cold water. Open or shuck an oyster by placing it on a table flat shell up and holding it with the left hand. With the right hand force an oyster knife between the shells at or near the thin end. (Figure 3). To make it easier to insert the knife, the thin end or "bill" may be broken off with a hammer - a method preferred by some cooks. (Figure 2). Now cut the large adductor muscle close to the flat upper shell in which it is attached and remove the shell. (Figure 4). Cut the lower end of the same muscle, which is attached to the deep half of the shell (Figure 5), and leave the oyster loose in the shell if it is to be served on the half shell, or drop it into a container.

After shucking, examine the oysters for bits of shell, paying particular attention to the muscle, to which pieces of shell sometimes adhere.

Instead of shucking by hand a commercial mechanical oyster shucker may be used if available.

Figure 2 "BILLING" OYSTER

Figure 3 INSERTING KNIFE

Figure 4 CUTTING MUSCLE

Figure 5 CUTTING OYSTER FROM SHELL

FREEZING SHELLFISH

Shellfish, including crabs, clams, oysters and lobster, constitute a most delicate and perishable group of foods. Once removed from the water, they should be kept under refrigeration and ALIVE until cooked or prepared for the freezer.

Crabs—Hardshell-Blue Crabs

Steam or boil crabs. Pick meat from the body and claws, separating the backfin or lump meat from the smaller pieces — called regular or flake meat — and the claw meat.

When frozen, crabmeat gets tough, watery and loses flavor. If you freeze crabmeat, a better product is achieved by making it into a prepared dish prior to freezing; i.e., crab cakes, crab imperial, etc. Finished products generally have better quality and flavor if frozen uncooked. Allow extra time for cooking a frozen dish. Always thaw in the refrigerator rather than at room temperature before heating or frying.

Package frozen crabmeat products with moisture, vapor-proof wrapping or in rigid plastic containers.

Storage time at 0° F: Cooked — three months; Raw — six months.

Freezing crabs in the shell, is not recommended.

Soft Shell Crabs—How to Dress Soft Shell Crabs

Crabs should be alive when dressed. Cut off the face just back of the eyes. Remove the apron; remove the spongy parts (the gills, stomach, and intestines) under the points of the body covering. Rinse in cold water, and drain to dry off excess moisture. Crab is now totally edible.

Cook and eat immediately or freeze. Wrap crabs individually in plastic film. Wrapped crabs may then be placed in a freezer-poly bag or wrapped with aluminum foil or moisture vapor-proof paper. Exhaust as much air as possible, seal and label.

Thawing

Thaw soft shell crabs in the refrigerator. Do not defrost under cold, running water, as this method will cause claws to fall off. Thaw before breading or coating, then cook.

Storage time at 0° F; Cooked — three months; Raw — six months.

Clams

The shells of all kinds of clams should be tightly closed, or, if open slightly, should close tight when touched, indicating the clam is ALIVE.

Soft Shell Clams

Soft shell clams should only be frozen in the shell. Once frozen, they are usable only as steamed clams. No successful method of freezing shucked soft shells has been perfected — the shelf life of fresh shucked clams is just five days.

To Freeze Shucked Breaded Soft Shell Clams

Shuck, remove snoot, and sand ring with a knife or shears.

Clams must be prepared for freezing by breading and blanching.

Coat drained clams with a dry mix, such as pancake mix.

Blanch by cooking coated clams in hot oil at 350° F. for one minute. Drain on absorbent paper.

Arrange blanched clams on a shallow tray, place in freezer until clams are stiff, but just frozen. Put frozen clams in poly-freezer bag, exhaust air, seal, label and store.

Frozen breaded clams must be cooked while still frozen.

Storage time at 0° F: three to six months.

Hard Clams

Size designation ranging from small to large: Little Neck, Cherry Stone, Chowder or Sea Clams.

Hard shell clams may be frozen alive in the shell and can be steamed from the frozen state, then used in chowders.

Shucked Hard Shell Clams

Shuck clams; strain the liquid to remove any bits of shell. Freeze clams in their own juice. The best way to package shucked clams is in rigid plastic containers, leaving ½-inch head space. Seal, label and freeze. Package only the amount that can be used at one time. Thaw frozen clams in the refrigerator

Freshly shucked hard shell clams have a storage life of 10 to 14 days. Frozen, shucked clams may be stored at 0° F. up to six months.

Oysters

The shelf life of oysters in the shell is the same as hard clams — two to three weeks if stored on ice or at 35° F.

If you must freeze oysters in the shell, put the live oysters in freezer poly-bags, seal and freeze. Storage time at 0° F. is three months.

If you must freeze shucked oysters, shuck live oysters, strain juice to remove bits of shell, and package oysters in their own juice in rigid plastic containers allowing ½-inch head space. Seal, label and freeze. Storage time at 0° F. is six months.

Frozen oysters often turn a pink or red color. This is usually the result of what the oyster has eaten and a combination of weather conditions from hot to cold. Oysters with pink color are considered safe for consumption, raw or cooked.

Freezing oysters, breaded or in other cooked dishes, may result in better quality products than raw frozen oysters in natural juices.

Lobster

Lobster should be treated the same way as hard shell crab if it *must* be frozen. Follow the same guide lines of cooking, removing meat and making it into final end products prior to freezing.

Timetable for Cooking Fish

METHOD OF COOKING	MARKET FORM	AMOUNT FOR 6	COOKING TEMPERATURE	APPROXIMATE COOKING TIME (minutes)
Baking	Dressed	3 pounds	350° F.	45 to 60
	Pan-dressed	3 pounds	350° F.	25 to 30
	Fillets or steaks	2 pounds	350° F.	20 to 25
	Frozen fried fish portions	12 portions (2½ to 3 ounces each)	400° F.	15 to 20
	Frozen fried fish sticks	24 sticks (¾ to 1¼ ounces each)	400° F.	15 to 20
Broiling	Pan-dressed	3 pounds		10 to 16 (turning once)
	Fillets or steaks	2 pounds		10 to 15
	Frozen fried fish portions	12 portions (2½ to 3 ounces each)		10 to 15
	Frozen fried fish sticks	24 sticks (¾ to 1¼ ounces each)		10 to 15
Charcoal Broiling	Pan-dressed	3 pounds	Moderate	10 to 16 (turning once)
	Fillets or steaks	2 pounds	Moderate	10 to 16 (turning once)
	Frozen fried fish portions	12 portions (2½ to 3 ounces each)	Moderate	8 to 10 (turning once)
	Frozen fried fish sticks	24 sticks (¾ to 1¼ ounces each)	Moderate	8 to 10 (turning once)
Deep-Fat Frying	Pan-dressed	3 pounds	350° F.	3 to 5
	Fillets or steaks	2 pounds	350° F.	3 to 5
	Frozen raw breaded fish portions	12 portions (2½ to 3 ounces each)	350° F.	3 to 5
Oven-Frying	Pan-dressed	3 pounds	500° F.	15 to 20
	Fillets or steaks	2 pounds	500° F.	10 to 15
Pan-Frying	Pan-dressed	3 pounds	Moderate	8 to 10 (turning once)
	Fillets or steaks	2 pounds	Moderate	8 to 10 (turning once)
	Frozen raw breaded or frozen fried fish portions	12 portions (2½ to 3 ounces each)	Moderate	8 to 10 (turning once)
	Frozen fried fish sticks	24 sticks (¾ to 1¼ ounces each)		8 to 10 (turning once)
Poaching	Fillets or steaks	2 pounds	Simmer	5 to 10
Steaming	Fillets or steaks	1½ pounds	Boil	5 to 10

FREEZING FINFISH

Because fish is so perishable, it should be frozen the same day it is caught, if it is to be frozen at all. Fish should never be frozen more than two days after the catch.

Cleaning and Dressing Fish

Wash fish and soak in cold water for a few minutes to allow for easier scaling. Remove scales by scraping gently in the direction from the tail to the head.

Remove the entrails after cutting the entire length of the belly, from vent to the head. Remove the head, including the pectoral fins, by cutting above the collarbone.

If backbone is large, cut down to it on each side of the fish and snap the backbone over the edge of the cutting board or table.

Remove the dorsal, or large back fin by cutting the flesh along each side and pulling the fin out. Never trim the fin off with shears or a knife because the bones at the base of the fin will remain in the fish. Remove the tail and ventral fin.

Wash the fish again thoroughly in cold running water to remove any remaining blood, viscera or membranes. Note: Soaking in salt water is not recommended, as this practice draws flavor juices from the meat.

The fish is now "dressed" or "pan-dressed". Larger fish may be cut cross-wise into steaks about ¾ inches thick or filleted. Steaks and fillets may be dipped in a 5 percent salt solution for 30 seconds before wrapping and freezing for preservation purposes.

Wrapping, Freezing and Storing

"Dressed" or "pan-dressed" fish should be dried, inside and out, to remove excess moisture. Wrap each individual fish in a good quality film wrap.

Place one or more wrapped fish together. Overwrap with moisture, vapor-proof paper. Use enough paper to permit folding edges down at least three times. Place fish in center of paper, bring two edges together above fish and fold down in one-inch folds until paper is tight against fish. Fold ends in same way, keeping wrap tight. Seal edges with freezer tape. An over-wrap of heavy duty aluminum foil may be used or you can place film-wrapped fish in a freezer poly-bag. Exhaust all the air possible and seal. Lable, date and freeze.

When freezing steaks or fillets, put several thicknesses of film wrap between each piece as a separation paper. (Film is superior to waxed paper.)

Storage at 0° F.	*Raw*
Dressed Fish	Six months
Steaks	Six months
Fillets	Six months

Thawing Fish

Place individual packages in refrigerator to thaw, allowing 24 hours for thawing one pound or package.

If quicker thawing is necessary, place individual, unwrapped packages under cold running water to thaw, allowing one to two hours for thawing one pound.

Do not thaw at room temperature or in warm water.

Do not refreeze thawed fish.

Fish to be stuffed should be thawed before stuffing. Fillets and steaks to be breaded should also be thawed beforehand.

Schedule thawing so that the fish will be cooked soon after it is thawed. Do not keep thawed fish longer than one day before cooking.

Frozen steaks and fillets may be cooked without thawing if additional cooking time is allowed.

Nutritional Composition of Maryland Seafood

100 Grams, Edible Portion

(Zeros indicate that the amount of a constituent, probably is none or is too small to measure. Dashes denote lack of reliable data for a constituent believed to be present in measurable amount.)

Food & Description	Water	Food Energy	Protein	Fat	Carbo-hydrates	Calcium
	Percent	Calories	Grams	Grams	Total Grams	Milli-grams
Clams						
Hard, raw — Meat only	79.8	80	11.1	.9	5.9	69
Soft, Raw — Meat only	80.8	82	14	1.9	1.3	--
Crabs (Blue)						
Cooked — Steamed	78.5	93	17.3	1.9	.5	43
Fish						
(These figures represent the average of those species for which data was available.)						
Low fat content — less than 5% (Bluefish, Flounder, Perch, Rockfish [Striped Bass], Carp, Catfish, Cod, Croaker, Hake [Whiting], Porgy, Seabass [White])	78.2	99.4	18.5	2.3	0	31.7
High fat content — greater than 5% (Butterfish, Herring, Mackerel, Shad, Spot, Drum)	70.1	174.3	18	10.8	0	12.5
Lobster						
Cooked — Boiled or Steamed	76.8	95	18.7	1.5	.3	65
Mussels						
Raw — Meat only	78.6	95	14.4	2.2	3.3	88
Oysters						
Raw — Meat only	84.6	66	8.4	1.8	3.4	94
Roe, Fish (Cod, Shad, Herring)	70.1	130	24.4	2.3	1.5	--
Scallops (Bay and Sea)						
Cooked — Steamed	73.1	112	23.2	1.4	--	115
Terrapin (Diamond Back)						
Raw	77.0	111	18.6	3.5	0	--

Sources Nutrients—except for cholesterol "Composition of Foods raw, processed, prepared", Agriculture Handbook No. 8; Agriculture Research Service, United States Department of Agriculture Cholesterol data—Cholesterol Content of Foods—JADA-Vol. 61 No 2; August 1972 (This paper summarizes a study to update and expand the figures on cholesterol contained in Agriculture Handbook No 8.)

Phos-phorus	Iron	Sodium	Potas-sium	Vitamin A value	Thiamine	Ribo Flavin	Niacin	Choles-terol
Milli-grams	Milli-grams	Milli-grams	Milli-grams	International Units	Milli-grams	Milli-grams	Milli-grams	Milli-grams
151	7.5	205	311	--	--	--	--	50
183	3.4	36	235	--	--	--	--	50
175	.8	--	--	2170	.16	.08	2.8	100
210.1	.62	69.5	317.7	76.6	.07	.08	2.4	50
251.7	.87	61.7	308	208	.12	.24	7.1	90
192	.8	210	180	--	.10	.07	--	85
236	3.4	289	315	--	.16	.21	--	--
143	5.5	73	121	310	.14	.18	2.5	47.5
--	.6	--	--	--	.10	.76	1.4	--
338	3	265	476	--	--	--	--	53
--	3.2	--	--	--	--	--	--	--

MARKET FORMS OF FRESH & FROZEN FISH

Fresh and frozen fish are marketed in various forms or cuts. Knowing these forms and their special uses is important in buying fish. The following are the best known market forms:

Whole

Fish as they come from the water. Before cooking, the fish must be scaled and eviscerated — usually the head, tail, and fins are removed. The fish may then be cooked, filleted, or cut into steaks or chunks.

Dressed

Fish with scales and entrails removed, and usually the head, tail, and fins are removed. The fish may then be cooked, filleted, or cut into steaks or chunks. Pan-dressed: fish around 1 pound or less; usually are pan fried or broiled.

Fillets

Fillets are the sides of the fish cut lengthwise away from the backbone. They are ready to cook as purchased.

Steaks

Steaks are cross section slices from large dressed fish cut ⅝ to 1 inch thick. A cross section of the backbone is the only bone in a steak. They are ready to cook as purchased.

Single fillets

A fillet cut from each side of a fish is called a single fillet. This is the type most generally available on the market. The fillets may or may not be skinless and/or boneless.

Butterfly fillets

The two sides of the fish cut lengthwise away from the backbone and held together by the uncut flesh and skin of the belly.

Chunks

Chunks are cross sections of large dressed fish. A cross section of the backbone is the only bone in a chunk. They are ready to cook as purchased.

Baked Lobster Savannah

2 2-pound live lobsters
6 tablespoons butter or margarine
½ cup sliced fresh mushrooms
¼ cup diced green pepper
⅛ cup all-purpose flour
1 cup milk
⅛ cup sherry
1 teaspoon paprika
Salt, to taste
1 tablespoon diced pimiento
¼ cup fresh breadcrumbs (1 tablespoon per lobster)
¼ cup mild grated cheese (about 1 tablespoon per lobster)

Cook lobsters (see page 26).

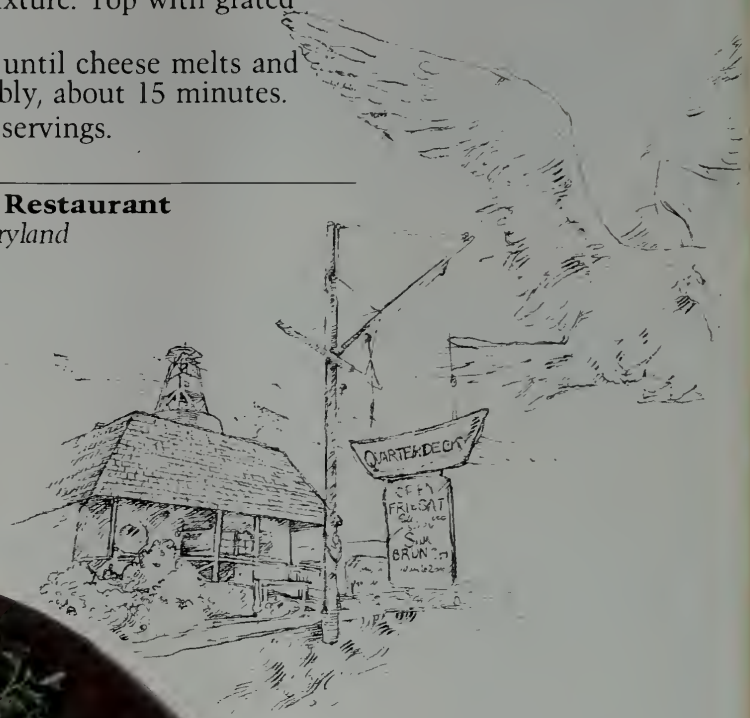
To clean lobsters: Cut off lobster claws and legs, so only body remains. Hold lobster with its top side up. Using kitchen shears, cut an oval opening in the top of shell, from the base of the head to the tail. Remove all of the meat from the body and claws; cube meat.

Melt butter in 2-quart saucepan. Saute' mushrooms and green pepper in butter until tender. Blend in flour and add milk. Cook and stir until mixture comes to a boil and thickens. Add sherry, paprika and salt. Simmer 5 minutes; remove from heat. Add lobster meat and pimiento and mix well. Pile filling into the 2 lobster shells. Sprinkle with breadcrumbs gently, pushing crumbs into lobster mixture. Top with grated cheese.

Bake at 375°F. until cheese melts and mixture is bubbly, about 15 minutes.

Makes 2 large servings.

Quarterdeck Restaurant
Ocean City, Maryland



Fish

Species of fish that are most prevelant to Maryland are listed on the Nutritional Chart on page 38. Most fish landed in Maryland are sold fresh. Market forms of fish are illustrated on page 40.

How much fish to purchase: The amount of fish to buy per serving varies with the recipe to be used, the size of the serving and the amount of bone in the fish. Count about 3 ounces of cooked, boneless fish as a serving — a little less for small children and a little more for adolescent boys and men.

The following table can help you decide how much fish to buy per serving:

Whole — ¾ pound

Dressed or pan-dressed — ½ pound

Fillets or steaks — ⅓ pound

To buy fresh fish: Most varieties of fresh fish, like many other foods, are more abundant during certain seasons of the year. Your local fish dealer will give you information about seasonal offerings and indicate the varieties that are the most economical. The lesser known species of fish are often as satisfactory as the better known species and are usually more economical. Your dealer will prepare your fish in any market form you desire. Fresh fish has the following characteristics:

Flesh: Firm flesh, not separating from the bones, indicates fish are fresh and have been handled carefully.

Odor: Fresh and mild. A fish just taken from the water has practically no "fish" odor. The fishy odor becomes more pronounced with passage of time, but it should not be disagreeably strong when the fish are bought.

Eyes: Bright, clear and full. The eyes of fresh fish are bright and transparent; as the fish becomes stale, the eyes become cloudy and often turn pink. When fish are fresh, the eyes often protrude; but with increasing staleness, the eyes tend to become sunken.

Gills: Red and free from slime. The color gradually fades with age to a light pink, then gray and finally brownish or greenish.

Skin: Shiny, with color unfaded. When first taken from the water, most fish have an iridescent appearance. Each species has its characteristic markings and colors which fade and become less pronounced as the fish loses freshness.

Wrapping: If the fish is pre-wrapped, the wrapping should be of moisture-vapor-proof material. There should be little or no air space between the fish and the wrapping.

Fresh fish should be either used within 1 to 2 days or frozen for later use.

To freeze fish see section on Freezing Finfish page 45.

Species of fish may be readily substituted one for another, however, the market form, i.e. fillets, etc. should be kept the same.

One cup cooked fish weighs about 6 ounces. Two pounds of uncooked fish fillets will yield almost 4 cups cooked flaked fish.

Simple Fish Chowder

2 (10½-ounce) cans condensed cream of potato soup

2½ cups milk

2 cups cooked, flaked fish (flounder, rock, sea trout, etc.)

1 (4-ounce) can kernel corn, drained

2 tablespoons butter or margarine

Dash onion powder

Dash paprika

Salt and pepper, to taste

Put soup in 3-quart saucepan; stir in milk. Add fish, corn, butter, onion powder, paprika, salt and pepper. cook over low heat, stirring, until well blended and completely heated. DO NOT BOIL.

Makes 8 cups.

Winifred Walsh
Evening Sun
Baltimore, Maryland

Eastern Shore Stewed Fish

1 (3 to 4 pound) dressed rockfish (striped bass)

6 slices bacon

½ cup flour

½ teaspoon salt

¼ teaspoon pepper

About ½ cup cream

5 medium potatoes, peeled

1 small bunch spring green onions

1½ to 2 cups water

¼ cup sherry wine

Flour, if needed, to thicken

Cut fish crosswise into 6 pieces. In large fry pan, cook bacon. Remove bacon; crumble and reserve.

Combine flour, salt and pepper. Dip fish into cream and then into flour mixture. Saute' in bacon drippings until lightly browned on both sides, about 2 minutes on each side.

Cut potatoes into ¼-inch slices and place over fish. Slice green onions with some of the tops and place over potatoes. Add enough water to barely cover fish. Cover fry pan and simmer about 20 minutes or until potatoes are tender. Add sherry wine.

Liquid should be of gravy consistency. If not thick enough, add flour mixed with water and simmer until mixture thickens.

Serve immediately with bacon crumbled on top.

Makes 6 to 8 servings.

Phillip's Crab House
Ocean City, Maryland

Miss Daisy's Fried Rockfish

2 pounds rock fish (striped bass) fillets OR 3 pounds pan-dressed rock fish (striped bass)

Salt and pepper, for sprinkling

⅓ to ½ cup packaged breading mix (seasoned or unseasoned according to personal preference)

Shortening or oil, for frying

Parsley, for garnish

Lemon wedges, for garnish

Wash and dry fish. Sprinkle with salt and pepper, then coat with breading mix.

In 12-inch fry pan, heat approximately 1 inch shortening to 350°F. Fry fish, turning frequently, about 3 to 5 minutes for fillets, 5 to 8 minutes for pan-dressed fish. Fish is done when browned evenly on both sides and flakes easily when tested with a fork. (DO NOT OVERCOOK FISH).

Remove fish from pan and drain on paper towels.

Garnish with parsley and lemon wedges.

Serves 6.

Pier #1 Restaurant
Stevensville, Maryland

Rockfish Veronese

¼ cup olive oil

½ cup chopped onion

½ cup chopped green olives

½ cup chopped green pepper

1 tablespoon fennel seed, if desired

2 cups chopped ripe peeled tomatoes (about 5 medium tomatoes)

1 cup white wine

½ cup tomato paste (1 6-ounce can)

Salt and pepper, to taste

2 pounds rockfish (striped bass) fillets

Put olive oil in saucepan and stir fry onions, olives, green pepper and fennel seed. Mix in tomatoes. Cook about 5 minutes longer. Add white wine and tomato paste and simmer until texture of sauce is thick, approximately 20 minutes.

Wash and dry fish. Put fish in shallow baking pan and spoon sauce over fish. Bake at 350°F. approximately 25 mintues, or until fish flakes easily when tested with fork.

Makes 4 to 6 servings (4 cups Veronese Sauce).

Berger's Colonial Restuarant
Pasadena, Maryland

Stuffed Rockfish

8 (8 to 10-ounce) rockfish fillets
Salt and pepper, for sprinkling
1 to 2 tablespoons butter or margarine
½ teaspoon chopped shallots
6 fresh mushrooms, diced
8 ounces Maryland crabmeat or lobster meat
Salt and pepper, to taste
¼ cup dry white wine
1 teaspoon French mustard
1 teaspoon brandy
3 tablespoons sour cream
Sauce (see recipe at right)
1 cup grated Swiss cheese

Wash and dry fish thoroughly. Sprinkle with salt and pepper. Melt butter in saucepan over medium heat. Add shallots and let simmer 3 to 4 minutes. Add mushrooms and let simmer 5 minutes.

Remove cartilage from crabmeat. Add crabmeat to mushroom mixture. If using lobster meat, chop into small pieces and add to mushroom mixture. Add salt and pepper. Simmer 3 to 4 minutes. Add wine, mustard and brandy and simmer 10 minutes over medium heat to blend flavors. Remove from heat and add sour cream. Let cool before stuffing.

Place four fish fillets in a single layer, skin side down, on a foil-lined shallow baking pan. Spoon stuffing mixture on each, cover with remaining fillets. Bake at 350°F. for 25 minutes or until fish flakes easily when tested with a fork.

Remove fish from oven, pour sauce over fish and sprinkle with grated cheese. Place under broiler until cheese melts, about 2 to 3 minutes.

Sauce

1 cup cooked lobster meat or crab meat
½ cup melted butter
Salt and pepper, to taste
4 tablespoons butter
¼ cup flour
2 cups milk
½ teaspoon salt
⅛ teaspoon pepper
2 tablespoons minced yellow onion
1 small spring thyme, or pinch of dried thyme
Pinch nutmeg
¼ bay leaf
1/3 cup heavy cream
1 tablespoon brandy
Pinch cayenne
2 tablespoons lobster or crab butter

Lobster or Crab Butter: Finely grind 1 cup cooked lobster meat or crabmeat. Mix with ½ cup melted butter and blend at high speed in an electric blender or mixer. Heat until butter melts, then blend again at high speed. Rub through a fine sieve and cool. Season to taste with salt and pepper. Beat with a fork and chill until firm, about 1 hour.

Melt 3 tablespoons butter in a double boiler top over direct moderate heat. Blend in flour; slowly add milk and heat stirring until thickened. Add salt and pepper and set over simmering water. Over moderate heat, stir fry onion in 1 tablespoon butter until onion is limp. Add to the sauce along with thyme, nutmeg and bay leaf. Cover and cook 1 hour over simmering water. Beat now and then with a wisk and scrape bottom and sides of the pan with a rubber spatula. Be careful when removing the lid not to let the water that has condensed on the top of the lid, drop into the sauce. Strain sauce. Return sauce to pan and place over low heat. Mix in heavy cream and keep warm. Add cayenne and brandy. Remove from heat and add 2 tablespoons lobster or crab butter. 1 tablespoon at a time.

Gabriels Restaurant, Inc
Ijamsville, Maryland

Rockfish Souffle

1½ cups milk

2 cups rockfish (striped bass) cooked, cooled and flaked

1 cup shredded dry bread crumbs

1 teaspoon butter or margarine

4 egg yolks

¼ teaspoon seafood seasoning

⅛ teaspoon paprika

4 drops liquid hot pepper sauce

½ teaspoon salt

4 egg whites

Scald milk over low heat in heavy saucepan or in top of double boiler. Add rockfish, breadcrumbs and butter to milk and stir.

Beat egg yolks in large bowl until thick. Add fish mixture to egg yolks a little at a time, stirring constantly. Mix in seafood seasoning, paprika and liquid hot pepper sauce.

In small bowl, add salt to egg whites; beat to form softly rounded peaks. Fold egg whites into fish mixture. Pour into a greased deep 6 to 8-inch baking dish set in a pan containing hot water to cover ⅔ of baking dish. Bake at 350°F. until knife inserted in center comes out clean, about one hour. Serve immediately.

Serves 6; about ¾ cup each.

Thompson's Sea Girt House
Baltimore, Maryland

Rockfish Imperial

2 pounds rockfish fillets

2 tablespoons butter or margarine

Salt and pepper, to taste

1 tablespoon butter or margarine

1 tablespoon flour

½ cup milk

½ teaspoon instant minced onion

1½ teaspoons Worchestershire sauce

⅛ teaspoon liquid hot pepper sauce

2 slices crustless white bread, cubed

½ cup mayonnaise

1 tablespoon lemon juice

1 pound Maryland backfin crabmeat

Paprika, for sprinkling

Remove skin from fillets in a lengthwise manner, slit the top forming a pouch. Butter the fillets and lightly salt and pepper. Set aside.

To prepare stuffing: In a saucepan, melt 1 tablespoon butter, stir in flour. Add milk, small amounts at a time, stirring constantly until thick and smooth. Simmer 3 minutes. Mix in onion, Worcestershire sauce, liquid hot pepper sauce and bread. Let cool. Add mayonnaise and lemon juice. Remove cartilage from crabmeat and add crabmeat to sauce being careful not to break lumps.

Stuff the rockfish with the crab mixture. Place in a greased baking dish and sprinkle with paprika. Bake for approximately 35 minutes in a 375°F. oven.

Serves 6.

Hunt Valley Inn
Hunt Valley, Maryland

Flounder Veronique

1 recipe Court Bouillon (see below)
3 pound flounder fillets
½ cup dry white wine
2 tablespoons chopped parsley
2 tablespoons paprika

Place flounder on baking pan, sprinkle with white wine and bake at 350°F. until fish flakes with fork, about 15 minutes. Arrange fish on bake and serve platter. Pour Court Bouillon over fish and place under broiler for 3 to 5 minutes until fish has a glazed appearance.

Sprinkle with parsley and paprika.

Serve immediately.

Serves 6 to 8.

Court Bouillon

1½ cups dry white wine
1½ cups cold water
½ medium onion, sliced
1 tablespoon chopped parsley
1 teaspoon salt
½ teaspoon thyme
1 cup white grapes
5 tablespoons butter
1½ tablespoons flour
1 cup cream

Mix all ingredients through thyme in 2-quart saucepan. Bring just to a boil and simmer until mixture is reduced to one-half content, approximately 30 minutes. Strain through a fine strainer. Add grapes to mixture and let sit for 15 minutes.

In a small saucepan, melt butter and thicken with flour. Add to bouillon mixture; stir until well blended. Add cream and cook over low heat for 3 to 5 minutes, stirring constantly.

Makes about 2½ cups.

The Embers & Bonfire Restaurants
Ocean City, Maryland

Stuffed Baby Flounder

2 pounds flounder fillets
1 pound Maryland crabmeat
1 egg, slightly beaten
¼ cup diced green pepper
2 tablespoons milk
1 tablespoon mayonnaise
1 teaspoon dry mustard
¼ teaspoon MSG
Dash liquid hot pepper sauce
2 tablespoons melted fat or oil
Paprika, for sprinkling

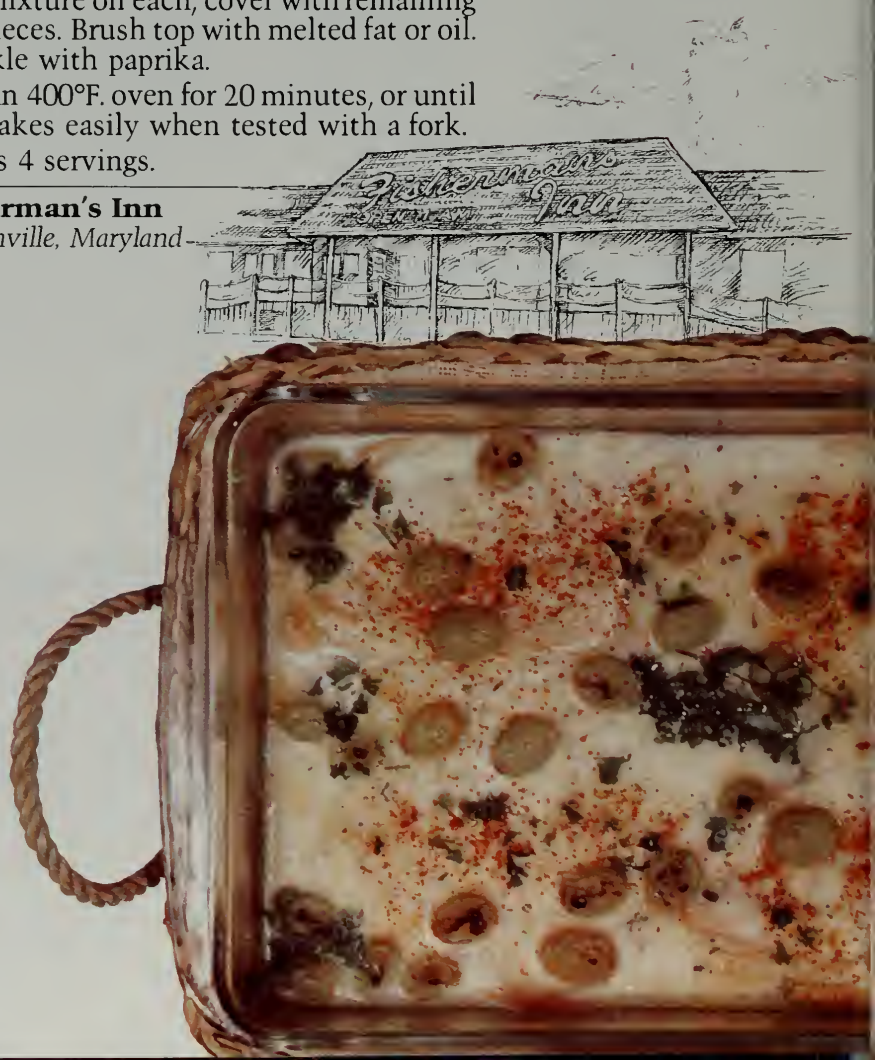
Remove cartilage from crabmeat. In a medium bowl add crabmeat, egg, green pepper, milk, mayonnaise, dry mustard, MSG and liquid hot pepper sauce. Mix all ingredients well.

Wash and dry fish. Cut fish into 8 pieces. Place four fish pieces in a single layer, skin side down, on a foil-lined baking pan. Spoon crab mixture on each, cover with remaining fish pieces. Brush top with melted fat or oil. Sprinkle with paprika.

Bake in 400°F. oven for 20 minutes, or until fish flakes easily when tested with a fork.

Makes 4 servings.

Fisherman's Inn
Grasonville, Maryland



Baked Whole Sea Bass

5 pounds butterfly filleted sea bass OR other fish

Salt and pepper, for sprinkling

Lemon juice, for sprinkling

Melted butter or margarine, for basting

2 to 3 slices bacon

Chopped parsley, for garnish

Hot cooked vegetables (carrots, peas, brocolli, string beans, tomatoes, or whatever you like)

Hot cooked boiled potatoes (one per person)

Lemon slices, for garnish

Wash and dry bass. Rub inside with salt, pepper and lemon juice. Place fish on its side in a buttered baking dish. Brush top with melted butter and lay bacon over top. Bake at 375°F. for approximately one hour or until fish flakes easily when tested with a fork. Baste every 10 minutes so that bass does not dry out.

Place cooked bass on a large wooden plank or serving platter. Spoon cooking juices over top. Lay a row of lemon slices along top of bass, sprinkle with chopped parsley and arrange hot cooked vegetables and boiled potatoes around bass.

Serve immediately.

Serves 8 to 10.

Tom Jones Steak House
Baltimore, Maryland

Baked Bluefish

3 pounds bluefish fillets

Salt and pepper, for sprinkling

2 tablespoons instant minced onion

1 to 2 tablespoons mayonnaise

Paprika, for sprinkling

Wash and dry fish thoroughly. Put fish in single layer, skin side down on large sheet of aluminum foil. Place on shallow baking pan. Sprinkle fish with salt, pepper and minced onion. Smooth a thin layer of mayonnaise over entire fish. Sprinkle with paprika.

Loosely seal aluminum foil over the fish. Bake, covered, 40 minutes at 350°F. Uncover fish and bake until lightly browned, about 10 minutes.

Makes 8 to 9 servings.

Harrison's Chesapeake House
Tilghman Island, Maryland

Fried Fish

3 pounds pan-dressed fish OR 2 pounds fish fillets

2 eggs

2 tablespoons milk

¼ teaspoon salt

⅛ teaspoon pepper

1½ to 2 cups cracker crumbs

Fat or oil, for frying

Wash and dry fish.

Beat eggs; add milk, salt and pepper. Dip fish in egg mixture and roll in cracker crumbs. Fry fish in about 1½ inches hot fat in fry pan (or in electric skillet at 350°F.), for 3 to 5 minutes on each side. Fish is done when browned on both sides and flakes easily when tested with fork.

Remove fish from pan and drain on paper towels.

Serves 6.

Harrison's Chesapeake House
Tilghman Island, Maryland

Stuffed Boneless Shad

2 to 2½ pounds boneless shad

12 ounces shad roe

1 egg

½ cup breadcrumbs

1 teaspoon lemon juice

½ teaspoon Worchestershire sauce

¼ teaspoon salt

⅛ teaspoon pepper

2 tablespoons melted butter or margarine

Paprika, for sprinkling

Wash and dry fish.

Remove membrane from raw roe. Place roe in mixing bowl. Add egg, breadcrumbs, lemon juice, Worchestershire sauce, salt and pepper; beat well with fork.

Place pieces of shad, skin side down, on baking sheet. Spoon roe stuffing into cuts where bones have been removed. Close fish over stuffing.

Brush fish with melted butter and sprinkle with paprika. Bake at 350°F. until lightly browned and fish flakes easily when tested with a fork, about 20 to 25 minutes.

Serves 4 to 6.

John W. Faidley Seafood Inc.
Lexington Market
Baltimore, Maryland

Fish with Spanish Sauce

¼ cup olive oil

3 garlic cloves, finely chopped or crushed

1 medium green pepper, coarsely chopped

1 large onion, coarsely chopped

1 (1-pound) can tomatoes

1 (8-ounce) can tomato sauce

Juice of 1 lime

1 bay leaf

1 teaspoon Worcestershire sauce

⅛ teaspoon oregano

Salt and pepper, to taste

2 pounds fish fillets (rock, sea trout, bluefish, etc.)

Vegetable oil, for basting

¼ cup breadcrumbs

2 tablespoons butter or margarine

In 2-quart saucepan, heat olive oil and cook garlic and green pepper until almost tender. Add onion and cook until tender, but not browned. Stir in tomatoes, tomato sauce, lime juice, bay leaf, Worcestershire sauce and oregano. Add salt and pepper to taste. Simmer stirring occasionally, until slightly thickened and well blended, about 45 to 50 minutes.

Wash and dry fish. Brush fish on both sides with vegetable oil. Place fish, skin side down, on greased or foil-lined baking pan. Bake at 350°F. for 10 minutes.

Cover fish with sauce, sprinkle with breadcrumbs and dot with butter. Bake about 10 to 15 minutes more, until fish flakes easily when tested with a fork and top is lightly browned.

Serves 6.

Cozy Inn
Thurmont, Maryland

Steamed Fish, Cantonese Style

3 pounds dressed sea bass, rockfish (striped bass), or other fish

3 cloves garlic, crushed

1 tablespoon soy sauce

2 teaspoons shredded fresh ginger or ginger powder

½ teaspoon sugar

Water, for steaming

3 tablespoons vegetable oil

2 spring onions, finely cut

2 to 3 cups hot cooked rice

Wash and dry fish. Place fish in shallow pan.

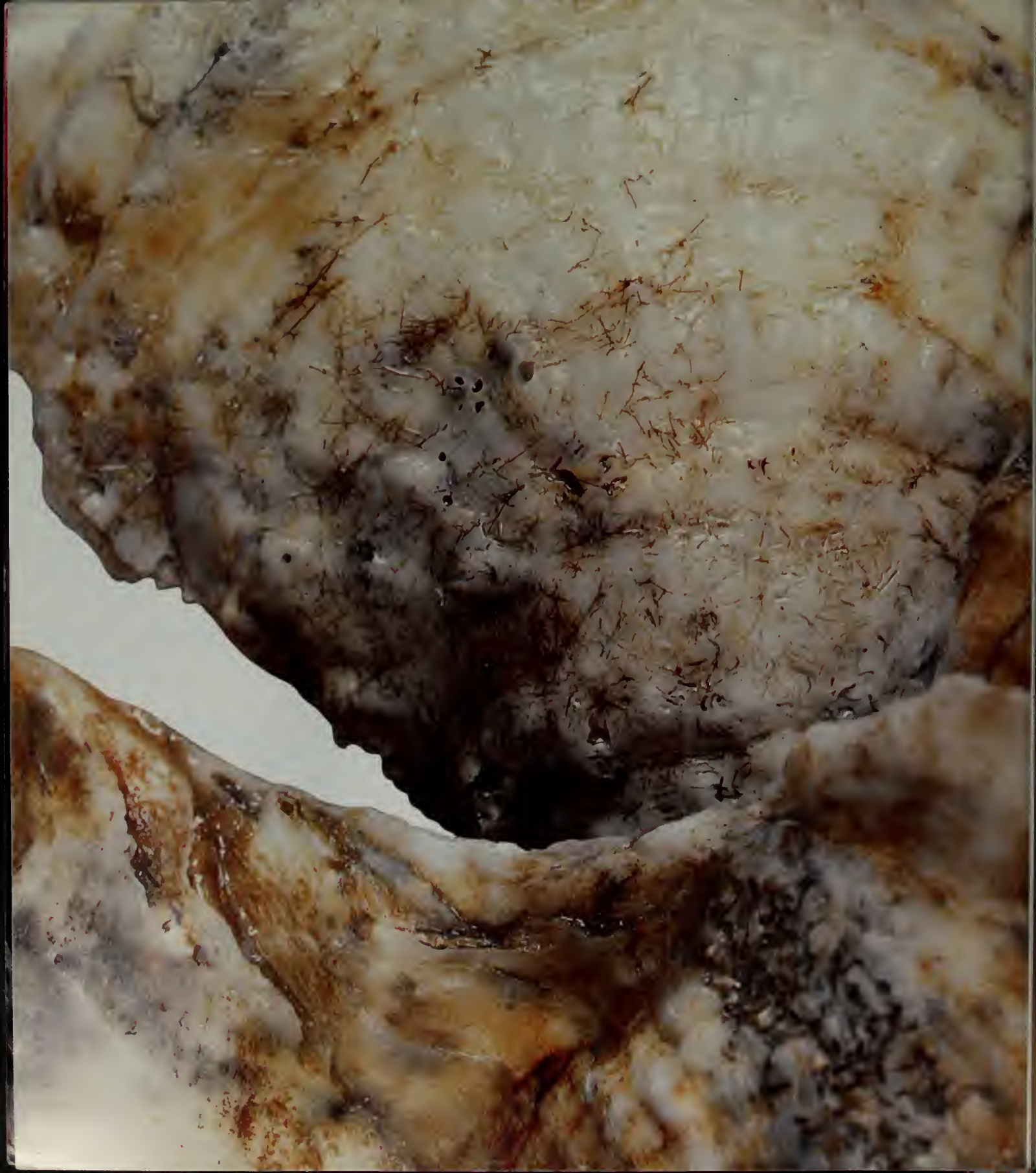
Mix garlic, soy sauce, ginger and sugar together in a bowl; spread mixture over fish.

Put a rack in large pan (such as turkey roaster). Add water to just under rack. Place pan of fish on rack and cover tightly. Bring water to a boil, lower heat and simmer until fish flakes easily when tested with a fork, about 30 minutes. Remove fish to a warmed serving platter.

Heat oil in small pan. Pour hot oil over fish and sprinkle with onion. Serve with rice.

Serves 4 to 6.

Jimmy Wu's New China Inn
Baltimore, Maryland



Oysters

Although oysters in Maryland are generally referred to as "salt water" or "Bay", the species found in Maryland is the Eastern oyster (the same that is found from Maine to Florida). Flavor in oysters depends on the location from where they are harvested. Oysters taken from waters with high salt content are generally eaten raw on the half shell as they have the most distinctive flavor. Oysters that come from waters of low salt content are milder in flavor and are generally used in cooking.

Oysters are sold: live in the shell, fresh shucked, frozen shucked and frozen breaded.

Shell oysters: Oysters in the shell are generally sold by the dozen, half peck, peck and bushel. Oysters must be alive when purchased and used. When alive, the oyster shell will be tightly closed. Gaping shells, that do not close when handled, indicate that the oysters are dead and therefore no longer useable.

Shucked oysters: These are oysters that have been removed from the shell and are generally sold by the pint, quart, half gallon and gallon. Shucked oysters should be plump and have a natural creamy color. Oyster liquor should be clear and free from shell particles.

NOTE: The red coloration of the liquor of shucked oysters has been noted almost yearly during the oyster season. Normally, the color shows up within 24 to 48 hours after shucking. In some cases, the red pigment can be seen in the oyster meat. At times, the color will show up only after the oysters have been frozen. The depth of the color will vary from a pale pink to almost a blood red. At times, the liquor will produce other colors. Routine bacteriological examinations have proven that oyster's with coloration are perfectly safe to eat. Handling and cooking are the same as for clear oysters.

Oysters and frozen breaded oysters can be purchased in fish markets and in most supermarkets. If the supermarket does not have a fresh seafood counter, the oysters are usually kept on ice in a section of the meat counter or in the frozen food case. All Maryland oysters must be kept refrigerated or frozen.

To freeze oysters see section on Freezing Shellfish page 35.

Oysters are graded and sold in the following sizes:

Standards—About 30 to 40 to a pint
Selects—About 26 to 30 to a pint
Extra Selects—About 21 to 26 to a pint

Shelf-life of shell oysters if held on ice or in the refrigerator at about 35°F. is 2 to 3 weeks.

Shelf-life of shucked oysters is 7 to 10 days when kept under constant refrigeration.

Oyster Stew

1 pint shucked Maryland standard oysters, with liquor

1 quart milk

Salt and pepper, to taste

¼ cup (½ stick) butter or margarine

Paprika, for sprinkling

In 2-quart saucepan, heat oysters with liquor until oyster liquor comes to a boil and oysters are hot. Remove pan from heat and add milk, salt and pepper. Heat slowly; do not boil. Spoon 5 to 6 oysters in each soup bowl; top with 2 teaspoons butter. Pour hot milk over oysters, sprinkle with paprika and serve.

Makes about 6 cups.

Jack English's Port of Call
Salisbury, Maryland

Oyster Stew

¼ cup (½ stick) butter or margarine

1 pint shucked Maryland standard oysters, with liquor

¼ cup dry white wine

1 teaspoon fine herbs seasoning

2 to 3 drops liquid hot pepper sauce

1 quart half and half

Salt and pepper, to taste

Butter or margarine, for topping (about 1 teaspoon per serving)

Paprika, for topping

Melt butter in 3 to 4-quart pan. Add oysters with liquor, wine and fine herbs. Simmer until edges of oysters curl, about 5 minutes. Add liquid hot pepper sauce and half and half. Season to taste with salt and pepper. Heat slowly, being careful not to let mixture come to a boil. Serve in bowls topped with butter and paprika.

Makes about 6 cups.

Lookout Restaurant
Fenwick Inn
Ocean City, Maryland

Leah's Oyster Stew

½ cup (1 stick) butter or margarine

1 quart shucked Maryland standard oysters, with liquor

1 quart half and half

2 cups milk

1 teaspoon salt

¼ teaspoon pepper

Paprika, to taste

1 tablespoon chopped parsley

Oyster crackers

Melt butter in 3-quart double boiler or heavy saucepan. Add oysters, with liquor and bring just to the boiling point, but DO NOT BOIL. Slowly stir in the half and half, milk, salt, pepper and paprika. Heat stirring until the edges of oysters curl. Stir in parsley.

Serve immediately with oyster crackers.

Makes about 10 cups.

J. Leah Culp
Food Editor
"Culinary Culp-Writs"
Pasadena, Maryland

Steamed Oysters

2 dozen Maryland oysters, in shell

About 4 cups water

1 tablespoon salt

Melted butter or margarine OR cocktail sauce, for dipping

Scrub oysters well and place in a perforated basket that can be put in a deep pot. Put 1 to 2 inches of water in pot, add salt and let come to a boil. Put basket with oysters in pot of boiling water, cover and steam for 8 to 10 minutes until oyster shells open.

Serve with melted butter or cocktail sauce.

Makes 2 dozen.

Dockside Murphy's
Salisbury, Maryland

Oysters and Ham

¾ pound (12 ounces) cooked ham

1 pint shucked Maryland select oysters

½ cup butter or margarine

Sauce, from pan juices

Cut ham into 8 slices. Place in heavy fry pan or electric skillet and brown on both sides. Remove ham from pan. (The meat that sticks to the pan will help make the sauce.)

Saute' oysters and butter in separate saucepan until edges of oysters curl. Pour oysters with liquid into *hot* ham pan. Reduce heat and simmer 1 to 2 minutes. The resulting broth will be very flavorful. Arrange ham slices on plates. Place oysters on top of ham and pour sauce over.

Serves 4.

NOTE: Broth is thin, so hot biscuits make a good accompaniment.

Berger's Colonial Restaurant
Pasadena, Maryland

Oysters Buchaneer

1 pound Maryland backfin crabmeat

3 tablespoons butter or margarine

½ teaspoon salt

⅛ teaspoon pepper

Dash MSG

1 pint shucked Maryland select oysters, with liquor

1 tablespoon butter or margarine

⅛ teaspoon seafood seasoning

6 slices toast

3 ounces Smithfield ham, thinly sliced

Parsley, for garnish

Drawn or melted butter, if desired

Remove all cartilage from crabmeat.

In medium skillet, saute' crabmeat in 3 tablespoons butter for 3 minutes. Blend in salt, pepper and MSG.

In 1-quart saucepan, saute' oysters with liquor in 1 tablespoon butter just until edges curl. Add seafood seasoning.

Place toast slices in single layer shallow baking pan (or 6 individual casseroles). Add crabmeat, evenly distributing it over toast. Put 4 to 5 oysters on each portion and spoon desired amount of oyster liquid over oysters. Place ham slices on top.

Garnish with parsley. Serve with drawn butter, if desired. (see page 56)

Serves 6.

Peerce's Plantation
Phoenix, Maryland

Drawn Butter

2 tablespoons butter
2 tablespoons flour
½ teaspoon salt
⅛ teaspoon pepper
1 cup hot water
1 teaspoon lemon juice
2 tablespoons butter

In 1-quart saucepan melt 2 tablespoons butter. Slowly add flour, salt and pepper; stir until smooth. Slowly stir in water and simmer 5 minutes. Remove from heat and add lemon juice. Stir in 2 tablespoons butter, a small amount at a time.

Makes about 1 cup.

Oyster and Mushrooms au gratin

1 pint shucked Maryland standard oysters, with liquor
2 tablespoons butter or margarine
2 tablespoons flour
½ cup oyster liquor
½ cup table cream
½ teaspoon salt
⅛ teaspoon paprika
⅛ teaspoon seafood seasoning
1 (4-ounce) can sliced mushrooms, drained
1 teaspoon lemon juice
1 teaspoon Worcestershire sauce
Breadcrumbs, for topping
Paprika, for garnish

Drain and dry oysters, reserving the liquor.

Melt butter in medium saucepan. Add flour and stir until blended. Slowly stir in oyster liquor and cream. Add salt, paprika, and seafood seasoning. Cook, stirring until mixture comes to a boil and thickens. Reduce heat, add mushrooms, lemon juice, Worcestershire sauce, and oysters. Heat, stirring until edges of oysters just begin to curl. DO NOT BOIL.

Put into 4 to 6 individual shells or ramekins. Sprinkle with breadcrumbs and paprika.

Place under broiler until lightly browned, 2 to 3 minutes. Serve immediately. Serves 4–6.

Mrs. K's Toll House
Silver Spring, Maryland

Creamed Oysters in Patty Shell

1 quart shucked Maryland standard oysters, with liquor
¼ cup (½ stick) butter or margarine
1 small onion, chopped fine
1 stalk celery, diced
2 tablespoons flour
1 cup oyster liquor
1 cup milk
1 teaspoon salt
½ teaspoon mace
¼ teaspoon pepper
Dash nutmeg
Dash cayenne pepper
3 tablespoons flour
16 cooked patty shells

Drain oysters, reserving liquor.

Melt butter in medium saucepan, and saute' onion and celery until soft and golden. Blend in 2 tablespoons flour. Gradually stir in oyster liquor and milk. Add salt, mace, pepper, nutmeg, and cayenne. Blend in 3 tablespoons flour and cook, stirring constantly until mixture comes to a boil and thickens. Add oysters to sauce, and heat just until oysters plump and edges curl. DO NOT BOIL.

Spoon about ½ cup oyster mixture into each patty shell. Serve immediately.

Makes 8 servings, 2 patty shells each.

Maryland Inn
Annapolis, Maryland

Escalloped Oysters

4 cups crushed saltine crackers

1 teaspoon chicken bouillon (granulated type)

½ teaspoon salt

¼ teaspoon pepper

1 quart shucked Maryland standard oysters, with liquor

¼ cup (½ stick) butter or margarine

1 to 2 cups milk

Parsley, for garnish

Paprika, for garnish

Mix saltines with chicken bouillon, salt and pepper. In greased, shallow 2-quart casserole, alternately layer cracker mixture and oysters with liquor making the last layer cracker mix. Melt butter and add with enough milk to barely cover casserole. Sprinkle parsley and paprika over top.

Bake at 350°F. until browned, 45 to 60 minutes.

Makes 6 large servings.

Tidewater Inn
Easton, Maryland

Oysters Kintail

1 pint shucked Maryland standard oysters

¼ cup (½ stick) butter or margarine

1 cup chopped celery

⅔ cup chopped onion

4 hard cooked eggs, sliced

1 (10-ounce) package frozen artichokes, cooked and drained

1 bay leaf

5 shakes liquid hot pepper sauce

Pinch salt

1 (10½-ounce) can condensed cream of mushroom soup

½ cup breadcrumbs

Drain and dry oysters.

Melt butter in 2-quart saucepan and saute' celery and onion until almost done. Stir in hard cooked eggs, artichokes, bay leaf, liquid hot pepper sauce, salt, soup and oysters. Heat thoroughly. Put mixture in buttered 1½-quart shallow casserole and top with breadcrumbs.

Bake uncovered in 350°F. oven until mixture is bubbly and crumbs brown, about 12 minutes.

Serves 4 as a main course; 6 as a side dish baked in individual shells.

NOTE: Sauce will be thin, so hot cooked rice or toast points would be a good accompaniment.

Anne MacKenzie
Food Editor, Aegis,
Bel Air, Maryland

Oysters **Florentine**

2 (10-ounce) packages frozen spinach

1 pint shucked Maryland select oysters, well drained

¼ cup (½ stick) butter or margarine

¼ cup flour

1½ cups milk

½ cup dry white wine

½ cup chopped scallions

Salt and pepper, to taste

Paprika, for color

1 cup shredded Cheddar cheese

Thaw spinach, and drain well. Spread spinach in 2-quart shallow baking dish and top with oysters.

In medium saucepan, melt butter. Stir in flour. Gradually add milk, wine, and scallions. Cook, stirring constantly, over low heat until sauce comes to a boil and thickens. Add salt and pepper to taste and enough paprika for a rosy color.

Pour sauce over oysters. Sprinkle with cheese.

Bake at 350°F. until hot and bubbly, about 30 minutes.

Serves 4 to 6.

Thompson's Sea Girt House
Baltimore, Maryland

Oyster Fritters

1 cup flour

1½ teaspoons baking powder

½ teaspoon salt

¼ teaspoon pepper

2 eggs

1 cup milk

1 quart shucked Maryland standard oysters, drained

Oil, for frying

Combine flour, baking powder, salt and pepper. Mix eggs and milk together and add to flour mixture. Mix well. Gently stir in oysters.

Cover bottom of 10 to 12-inch skillet or electric fry pan with a thin layer of oil. Heat to 350°F. Put batter into oil by tablespoonsful making sure to include 3 to 4 oysters in each fritter. Fry until golden brown on both sides. Replenish oil as necessary.

Makes about 16 fritters.

NOTE: On the Eastern Shore of Maryland, oyster fritters are traditionally served with chicken salad.

Mt. Vernon Inn
Princess Anne, Maryland

Oyster Patties

1 pint shucked Maryland standard oysters, with liquor

1 cup flour

½ tablespoon baking powder

½ teaspoon salt

⅛ teaspoon pepper

Fat or oil, for frying

Drain oysters, reserving liquor.

In medium bowl, mix together flour, baking powder, salt and pepper. Add oyster liquor until mixture is the consistency of pancake batter. Stir in oysters. Heat ½ inch fat in a fry pan to 350°F. Drop batter into hot fat by tablespoonful, making sure to include 2 to 3 oysters in each portion. Fry until golden brown on both sides.

Makes about 1 dozen oyster patties.

Evans Crab House
St. George Island
Lexington Park, Maryland

Fried Oysters

2 eggs

2 tablespoons milk

½ teaspoon salt

¼ teaspoon pepper

1 pint shucked Maryland select oysters, drained

1 to 1½ cups fine cracker meal

Fat or oil, for deep frying

Cocktail sauce

In small bowl, beat eggs. Stir in milk, salt and pepper.

Dip each oyster in egg mixture, then in cracker meal, back into egg mixture, and then again in cracker meal. Repeat process until all oysters are coated.

Fry in deep fat at 350°F. until golden brown.

Makes about 2 dozen fried oysters.

NOTE: Cocktail sauce may be made by adding to catsup: horseradish, lemon juice and Worcestershire sauce, to taste.

The Shoals Restaurant
Cambridge, Maryland

Clams

Three species of clams are commercially harvested in Maryland: Hard Clams, Soft Clams and Surf Clams.

Hard clams in the shell are sold by the dozen in the following sizes:

Chowders: usually chopped and used in chowder and other cooked dishes.

Cherrystones: generally used whole in cooking or served raw on the half shell.

Littlenecks: mainly served raw on the half shell.

Hard clams are sold in pints and quarts in chowder and cherrystone sizes.

Both fresh hard clams in the shell and fresh and frozen shucked clams are sold in fish markets and in some supermarkets. If the supermarket does not have a fresh seafood counter, the clams are usually kept on ice in a section of the meat counter or in the frozen food case. All Maryland clams must be kept refrigerated or frozen.

Soft clams are sold live in the shell, canned in the shell, fresh shucked and frozen breaded.

Soft clams in the shell are sold by the dozen, half peck, peck and bushel. They must be alive when purchased and used. When alive, the clam shell will be tightly closed. Gaping shells, that do not close when handled, indicate that the clams are dead and therefore no longer useable. Occasionally frozen soft clams in the shell can be found in the frozen food case.

Shucked soft clams: Shelf-life of fresh shucked soft clams is only 3 to 5 days and as they cannot be frozen, shucked soft clams are only found in fish markets close to where clams are harvested.

Frozen breaded soft clams: Can be purchased in fish stores and in supermarkets in some areas.

Surf clams: The surf clam is primarily a commercial clam which is further processed into retail products: canned, minced or chopped; juice or broth in cans or bottles; frozen breaded.

Canned surf clams and broth are widely available in the canned fish section of most supermarkets.

Frozen breaded surf clams are sold as strip clams and can be found in fish markets and chain stores.

An 8 ounce can of chopped or minced clams yields approximately ½ cup each clam meat and broth.

To freeze clams see section on Freezing Shellfish page 35.

Scallops

Scallops, which have always been a delicacy, are a prospective new industry in Maryland. Scallops, like clams and oysters, are mollusks having two shells. Only the excellently flavored muscle, sometimes called the eye, which closes the shell, is eaten by Americans.

Sea scallops, the variety found in Maryland, sometimes have an eye reaching up to 2 inches in diameter. Fresh scallops are a light cream color, sometimes varying to a light pink. Scallops are available fresh shucked and frozen shucked.

Both fresh and frozen scallops, when thawed, should have a sweetish odor. When bought in packages they should be practically free of liquid. Scallops can be purchased in fish markets and the fresh seafood counter of some supermarkets.

Shelf-life of fresh shucked scallops is approximately 5 days when kept under constant refrigeration. Any scallop that has a greyish tint and/or has lost its firmness should be discarded.

One pound of fresh scallops yields approximately 2 cups cooked meat: One cup of fresh scallops weighs approximately 5 ounces.

Clam Chowder

2 large potatoes

1 teaspoon salt

4 strips bacon

½ cup chopped onion

*3 (8-ounce) cans chopped clams, with broth OR 18 chowder-size hard clams, in shell**

¼ cup (½ stick) butter or margarine

½ cup flour

1 quart milk

1 tablespoon Worcestershire sauce

½ teaspoon pepper

1 cup half and half

Pare potatoes and cook in boiling water with salt until tender, about 10 to 15 minutes. Drain and cut into bite-size cubes. In large fry pan, cook bacon until crisp. Remove from pan and chop into small pieces. Cook onion in bacon drippings until clear. Add clams with broth and simmer 5 minutes.

In 4-quart pan, melt butter. Stir in flour and slowly stir in milk. Cook over medium heat, stirring constantly, until mixture comes to a boil and thickens. Reduce heat, add potatoes, clam mixture, bacon pieces, Worcestershire sauce and pepper. Add half and half and heat until hot, being careful not to let mixture come to a boil.

Makes about 12 to 13 cups.

*Shuck clams, reserving liquid and chop fine. Strain clam liquid through cheesecloth before using. (Liquid should equal 1½ cups. Add water, if necessary, before adding to the above recipe).

Paul's
Riva, Maryland

Clam Chowder

3 strips bacon

1 quart water

2 cups diced potatoes

1 medium onion, chopped

1 teaspoon celery seed

1 teaspoon seafood seasoning

½ teaspoon chopped parsley

18 chowder-size hard clams in shell, with broth OR 3 8-ounce cans minced clams with broth*

Salt and pepper, if needed

In 4-quart saucepan, fry bacon until crisp. Drain fat, remove bacon from pan, chop or break into small pieces and return to pan. Add water, potatoes, onion, celery seed, seafood seasoning and parsley. Bring to a boil and simmer until potatoes are tender, about 20 minutes. Add clams with broth and salt and pepper if needed. Simmer 10 minutes.

Serve in cups or bowls with crackers for a tasty chowder.

Makes about 8 cups.

*Shuck clams, reserving liquid and chop fine. Strain liquid through cheesecloth before using. (Liquid should equal 1½ cups. Add water, if necessary, before using in above recipe.)

Aunt Em's
Crisfield, Maryland

Leah's Fireside Chowder

¼ pound salt pork

¾ cup diced celery

1 medium green pepper, diced

2 pounds (6 medium) potatoes, peeled and diced

2 cups water

2 (1 pint, 2 fluid ounce) cans tomato juice

1 (1-pound) can tomatoes

1 tablespoon dried onion

1 tablespoon dried parsley

4 (8-ounce) cans minced clams, with juice

Salt and pepper, to taste

Cut salt pork into thin pieces and cook slowly in skillet until lightly browned. Add celery and green pepper and saute' until tender. Transfer skillet mixture to a large kettle. Add potatoes and water. Cover and simmer until potatoes are tender. Add tomatoe juice, tomatoes and onion. Cook gently about 10 minutes, stirring occasionally to blend flavors. Add clams with juice and parsley; warm. Add salt and pepper.

Makes about 4 quarts.

J. Leah Culp
Former Food Editor
"Culinary Culp-Writs"
Pasadena, Maryland

Clam Sauce

2 (8-ounce cans) chopped clams OR 12 chowder-size hard clams, in shell with broth*

¼ cup olive oil

3 garlic cloves, minced

1/16 teaspoon crushed red pepper

2 tablespoons chopped parsley

¼ teaspoon oregano

1 tablespoon flour, for thickening, if desired

1 8-ounce box linguine

Grated Parmesan or Romano cheese, if desired

Drain clams, reserve broth. Saute' garlic and red pepper in oil, until brown. Season with parsley and oregano. Bring to boil. If desired, thicken with flour/water paste. Add chopped clams. Simmer 2 to 3 minutes.

Cook linguine according to package directions.

Serve hot, with grated cheese, if desired.

Makes 2 to 3 servings.

* Shuck clams, reserving liquid and chop fine. Strain liquid through cheesecloth before using. (Liquid should equal 1½ cups. Add water, if necessary, before using in above recipe.)

NOTE: This makes a very thin sauce.

Mario's Restaurant
Ocean City, Maryland

Clams Razor

4 dozen soft shell clams

½ teaspoon celery salt

½ teaspoon pepper

½ teaspoon salt

½ teaspoon seafood seasoning

¼ cup water

¼ cup wine vinegar

Melted butter or margarine

Wash clams thoroughly. Place in cold water for half-hour.

Place clams in top half of steamer. Add celery salt, pepper, salt and seafood seasoning. Pour water and vinegar over clams and cover. Steam on high setting for 45 minutes or until shells open wide. Drain clams, reserving liquid. Strain liquid.

Serve clams hot in shells with separate containers of clam liquid and melted butter or margarine.

Makes 4 servings as an appetizer; 2 servings as a main dish.

Marmaduke's Pub
Annapolis, Maryland

Fried Soft Shell Clams

About 4 cups fine cracker meal

4 tablespoons seafood seasoning

1 quart fresh shucked soft shell clams, drained

Fat or oil, for frying

Mix cracker meal and seafood seasoning into large shallow bowl. Add clams a few at a time and toss lightly until well-coated. Shake off excess breading in wire basket.

Fry in deep fat at 375°F. until golden brown, 1½ to 2 minutes. Drain on paper towel.

Repeat process until all clams are cooked. Serve at once with cocktail or tartar sauce.

Makes 6 servings, about 12 clams each.

NOTE: Clams may be prepared ahead and frozen for later use.

Dockside
Annapolis, Maryland

Clam Fritters

12 chowder-size hard clams OR 2 (8-ounce) cans minced clams

½ cup pancake mix

⅓ cup flour

1 teaspoon seafood seasoning

½ teaspoon parsley flakes

Salt and pepper, to taste

1 egg

½ cup clam juice

Few drops liquid hot pepper sauce

Fat or oil for frying

Shuck clams, reserving liquid (drain canned clams, reserving broth). Chop clams.

In large bowl, put pancake mix, flour, seafood seasoning, parsley flakes, salt and pepper and mix well. In small bowl beat egg; add clam juice and liquid hot pepper sauce. Stir egg mixture into flour mixture. Stir in clams.

Using just enough fat to keep from sticking, heat griddle or fry pan to 350°F. Drop batter onto pan by tablespoonsful and cook until browned, 2 to 3 minutes. Turn carefully and brown the other side.

Makes about 8 fritters. (3½ inches in diameter).

Windsor Seafood Restaurant
Crisfield, Maryland

Chesapeake Cioppino

1 recipe Cioppino Sauce (see recipe below)

2 pounds fish fillets

12 to 24 small cherrystone clams, in shell

12 Maryland crab claws, cracked

1 pound scallops

1 pound Maryland crabmeat, if desired

2 cups cooked lobster meat, if desired (12 ounces)

Lemon wedges, for garnish

Italian or French bread

Cut seafood into bite-size pieces. Remember to scrub seafood shells thoroughly and to remove all bones from fish and cartilage from crabmeat.

Add fish to sauce first and simmer gently for 5 to 10 minutes, depending upon type of fish. Add clams, crab claws and scallops and simmer 10 to 15 minutes longer. Add crabmeat and lobster meat, if used. Heat through.

TO SERVE: Divide seafood, putting it into large shallow bowls (1 per person). Pour sauce over top. Serve with lemon quarters and crusty bread of Italian or French variety. Sweet butter and garlic bread are added treats, as are a green salad and a bottle of good wine.

Serves 8 to 10.

NOTE: Amounts and varieties of seafood may be substituted or added as desired; e.g. oysters or mussels, in shell; 2 varieties of fish may be used, etc., depending upon number of people to be served.

Cioppino Sauce

¼ cup salad or olive oil

2 medium onions, coarsely chopped

3 garlic cloves, chopped or crushed

3 tablespoons sugar

1 teaspoon salt

½ teaspoon pepper

¼ teaspoon thyme

¼ teaspoon oregano

¼ teaspoon sweet basil

¼ teaspoon dark paprika

2 bay leaves

1 (1-pound 12-ounce) can plum or regular tomatoes

2 (8-ounce) bottles clam juice

1 (8-ounce) can tomato sauce

¼ cup lemon juice

Heat oil in a large (6-quart) heavy cooking utensil. Add onion and garlic and simmer approximately 10 minutes. Add sugar, salt, pepper, thyme, oregano, sweet basil, paprika and bay leaves. Stir and heat through. Add tomatoes (if plum tomatoes are used, try to keep smaller ones whole), clam juice, tomato sauce and lemon juice. Simmer, stirring occasionally, until sauce thickens, about 30 minutes.

Makes about 2 quarts sauce.

Martha H. Schoeps
Former Food Editor-The Sun
Baltimore, Maryland

Bouillabaise

2 tablespoons butter or margarine
1 tablespoon olive oil
1 leek, coarsely chopped
1 small Bermuda onion, chopped
1 bay leaf
3 large cloves garlic, chopped
1 teaspoon leaf thyme
1 (13-ounce) can whole tomatoes
2 cups clam juice (2 8-ounce bottles) OR 2 cups heavy fish stock
½ cup dry white wine
1 tablespoon Pernod or Anisette
Pinch saffron
2 pounds firm fleshed fish fillets (such as rock or sea trout), cut into small pieces
1 pound scallops
2 dozen cherrystone clams in shell, cleaned

Melt butter in a large (6-quart) pot. Add olive, leek, onion, bay leaf, garlic and thyme and sauté until onion is transparent. Add tomatoes, clam juice, wine, pernod and saffron. Cover and simmer for one-half hour, being careful not to overcook. Add clams, cover and cook for 5 minutes. Add scallops and fish, cover and cook for 10 more minutes, until fish flakes easily when tested with a fork.

To serve: Divide seafood, putting it into 6 large shallow bowls; pour sauce over top. Serve with French or garlic bread, if desired.

Makes 6 servings.

NOTE: Other seafoods such as oysters and crab claws may be added or substituted as desired.

Jack's Seafood Inn
Salisbury, Maryland

Seafood Nicole

3 pounds rockfish fillets
48 Little Neck clams
½ cup Italian olive oil
2 large cloves garlic, chopped
1 large onion, chopped
1 tablespoon oregano
2 teaspoons chopped parsley
Salt and pepper, to taste
1 cup dry Vermouth
1 1-pound 10-ounce can Italian Plum tomatoes, crushed

Wash and dry fish. Cut fillets into thirds or quarters. Scrub clam shells thoroughly.

In a 6-quart saucepan, over medium heat, warm oil until hot. Add garlic, onion, oregano, parsley, salt and pepper.

Cook until onions are brown; add wine and tomatoes. Cook for 45 minutes, stirring frequently. Add fish and clams and simmer for about 45 miuntes.

Serve in large bowls.

Serves 4 to 6.

Chiapparelli's Restaurant
Baltimore, Maryland

Deep Fried Scallops

¾ pound scallops

¼ cup lemon juice

¼ cup water

1 egg

1 tablespoon milk

¼ teaspoon salt

Few dashes pepper

About ½ cup flour

About ½ cup breadcrumbs

Shortening, for deep frying

Cut scallops in half, if large.

Marinate scallops in lemon juice and water for 30 minutes. Drain.

In shallow bowl beat egg slightly. Add milk, salt and pepper. Coat scallops with flour; dip in egg mixture; drain and then coat with breadcrumbs.

Fry in shortening at 350°F. until golden brown, about 3½ minutes.

Serves 4 (8 to 10 scallops per person).

Cozy Inn
Thurmont, Maryland

"Piatto Del Pescatore" (The Fisherman's Dish)

2 tablespoons chopped onion

2 garlic cloves, chopped

½ cup olive oil

2 (16-ounce) cans peeled whole tomatoes, with juice

1 teaspoon salt

1 teaspoon black pepper

¼ teaspoon crushed red pepper

¼ cup chopped parsley

8 cherrystone hard clams, in shell

*4 Maryland blue crabs, cooked and cored**

1 12-ounce can cooked lobster meat

1 8-ounce box pasta (spaghetti or linguine)

In 6-quart pot, over medium high heat, brown onion and garlic in olive oil until light gold in color. Crush the tomatoes and add along with juice to onion mixture. Lower heat slightly and add salt, black and red pepper and let cook for about 30 minutes. Add parsley just a few minutes before sauce is done. Remember Marinara Sauce is at its best when it is spicy and hot.

Scrub clam shells well. Add clams, crabs and lobster meat to sauce and let simmer for about 15 to 20 minutes.

Cook pasta as directed on package. DRAIN.

Place pasta in large oval dish and pour sauce and seafood over. Garnish with a few leaves of parsley.

Serves 4.

*To core crabs: Remove top shell and flap and discard. Remove and discard spongy material from top of crab core. Claws may be cracked and left attached to core or removed, cracked and added separately to sauce.

Velleggia's Restaurant
Baltimore, Maryland

Crepes

½ cup milk

½ cup water

2 large eggs

⅛ teaspoon salt

1 tablespoon salad oil

¾ cup instant flour

In a small bowl, whip together milk, water, eggs, salt and oil; beat in flour. Let stand 1 hour.

Heat a 5 to 5½ inch fry pan (or 10-inch fry pan) and grease lightly with salad oil. Pour in just enough batter to cover the pan with a very thin layer, tilting pan evenly spread batter. Cook on one side; toss, or turn with a spatula and brown the other side. Cook the crepes one by one, stacking them between pieces of waxed paper.

Makes 12 crepes, about 5 inches in diameter (or 6 10-inch crepes).

NOTE: Crepes can be made in advance and refrigerated for 1 to 2 days or frozen for later use.

Poached Scallops

1 pound scallops

1 cup water

1 tablespoon lemon juice

1 teaspoon salt

⅛ teaspoon lemon and pepper seasoning

Thaw scallops if frozen. Rinse thawed scallops in cold water; drain.

In 1-quart saucepan combine water, lemon juice, salt and lemon and pepper seasoning. Bring to boil, add scallops, cover and simmer until scallops are tender, 5 to 10 minutes. Remove scallops from pan and drain.

Serve hot with butter or a sauce; cool for use in recipes calling for cooked scallops.

Makes 4 servings as a main course; makes 2 cups for use in other recipes.

Easy Hollandaise Sauce

3 egg yolks

½ cup (1 stick) butter or margarine, melted

2 tablespoons lemon juice

½ teaspoon salt

Few grains cayenne pepper

In bowl, beat egg yolks with wire wisk or wooden spoon until smooth, but not fluffy. Slowly beat in butter, a little at a time. Slowly stir in lemon juice, then salt and cayenne pepper.

Makes about 1 cup.

NOTE: Sauce may be kept refrigerated for 1 to 2 days. Let come to room temperature before using. If separation occurs upon standing, beat in boiling water, a teaspoon at a time, until sauce becomes smooth.

Mornay Sauce

¼ cup (½ stick) butter or margarine

¼ cup flour

2 cups milk

¼ cup grated Parmesan cheese

¼ cup finely cut Swiss cheese

2 egg yolks

¼ cup (½ stick) butter or margarine

Salt and pepper, to taste

Melt butter in 1-quart saucepan. Slowly blend in flour. Gradually stir in milk and cook, stirring constantly, over medium heat until mixture comes to a boil and thickens. Reduce heat, add Parmesan and Swiss cheese and stir until cheese melts. Remove from heat.

When ready to serve, beat egg yolks slightly in small bowl. Gradually add small amounts of the hot milk mixture to the egg, stirring constantly, until bowl feels warm to the touch. Then slowly stir egg mixture into the milk mixture. Cut butter into small pieces and stir into sauce. Add salt and pepper to taste. DO NOT reheat sauce after adding the egg yolks or it will curdle.

Makes about 2½ cups.

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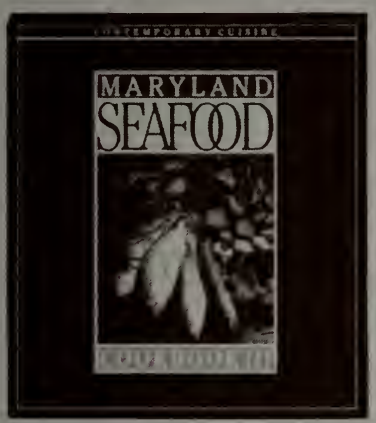

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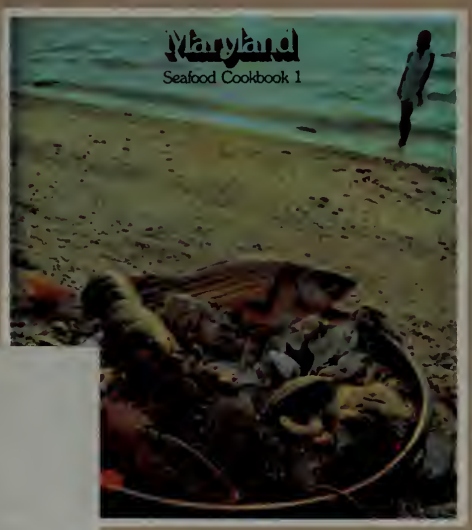

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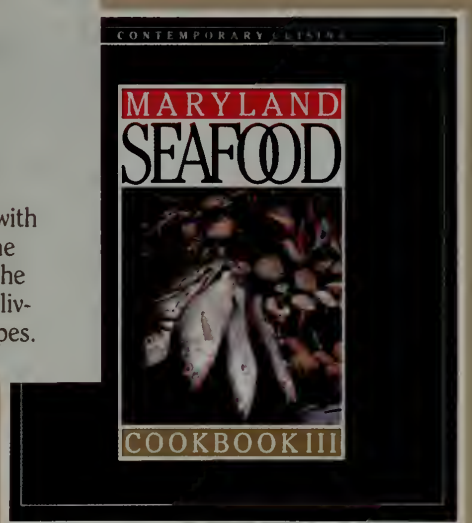

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